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THE WOMAN BEING HUNTED BY ISIS

SECRETS OF THE SEXUAL MIND

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'Life shrinks or expands in proportion to your courage.' **Anaïs Nin**

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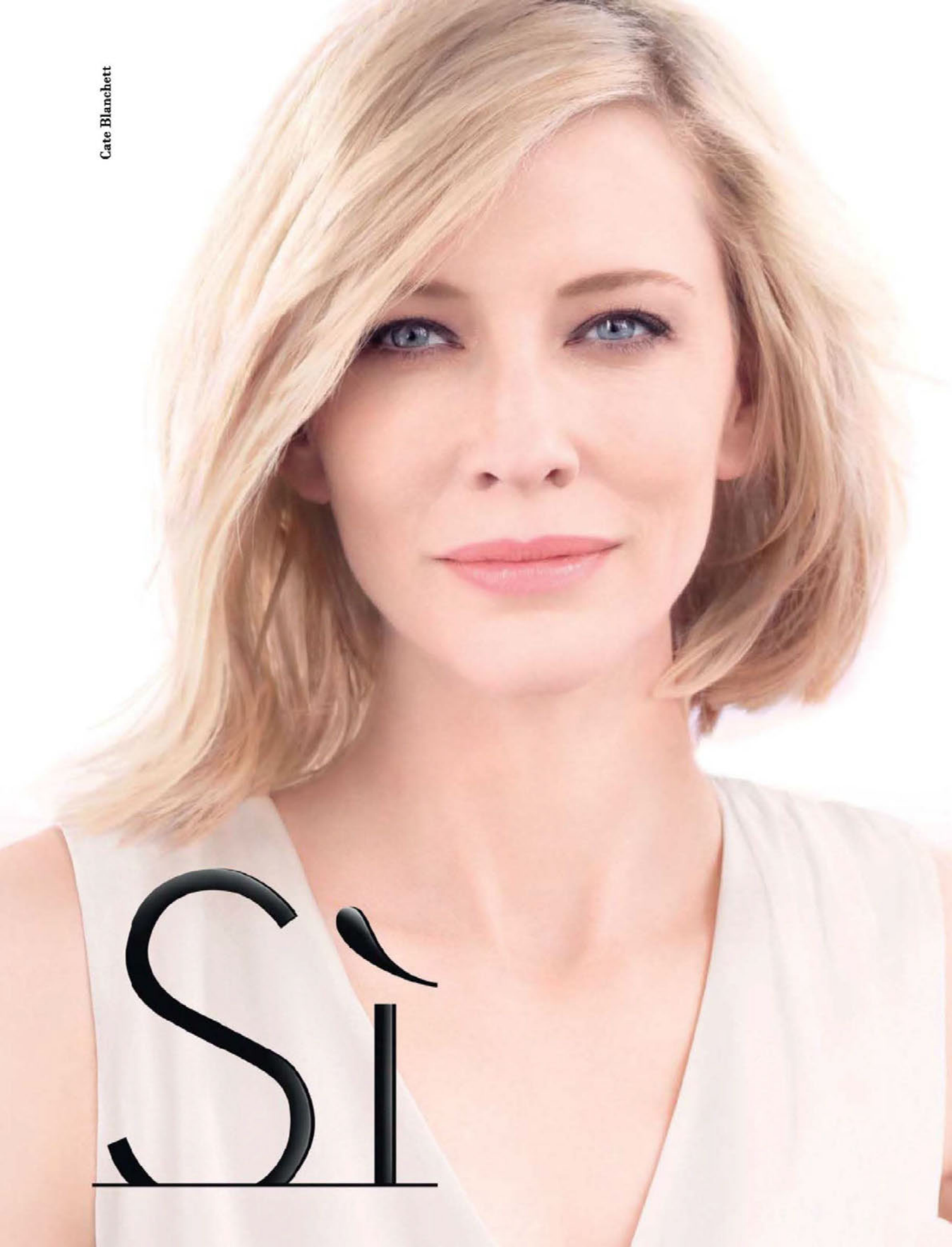
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Michelle Hattingh, online content producer



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Jana Heyns, picture editor



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ASPASIA ON...

TAKING BACK 'BITCH'



Aspasia with Keld Mikkelsen, founder of Day Birger et Mikkelsen

THE WORD 'BITCH' and I have terrible history. I once called my dance teacher a bitch. It was under my breath as she stepped away from some horribly injurious behaviour she was inflicting on me. I was so traumatised I uttered a word that I knew could have serious consequences. A fellow dance student heard my whispered insult and kindly let the dance teacher know. Next thing, my parents are having the serious talk with me and I am writing a furious apology. Shortly thereafter I gave up dancing.

Calling the dance teacher a bitch held some kind of universally agreed meaning, otherwise nobody would have felt compelled to tell on me. It was probably the worst insult you could direct at a woman and, by implication, a man, if he was the son of one. It implies a snarling, dirty, somewhat lascivious creature and if you look into the history of the word, it obviously has its own ye old classic misogynistic birth story. It was adopted by early Christians in the Dark Ages to cast aspersions on pagans who worshipped the goddess Diana. She was a powerful hunter who always travelled with a pack of dogs – hence, the ultimate bitch, because she sometimes transformed into one. And not only when she was angry.

By the 1920s, when women got the vote in the US, suffragettes and bitches became synonymous in the public imagination. And not in a good way. So the 60s feminists reclaimed the word, with Jo Freeman's 1969 *BITCH Manifesto* closing on this rallying cry: 'We must be strong, we must be militant, we must be dangerous. We must realise that Bitch is Beautiful and that we have nothing to lose. Nothing whatsoever.' Then third-wave feminists of the 90s started *Bitch* magazine and popularised the word to the point where 'bitch, please' is less a rallying cry to arms than an everyday appellation emblazoned on the coffee mug in your office.

I, too, am one of the bitches Beyoncé feels should bow down. And much like the N-word is OK for black rappers to use in relation to themselves, because they've taken it back and own it, 'bitch' is a word we women appear to have made our own.

But there is always the Madonna problem. Not the Madonna and 'ho' problem, which is another column altogether, the Madonna and the N-word problem. When Madonna thought she was street enough to use the term in relation to her son on Twitter, she received a bitch-slap of note from everyone who felt she had gone too far and, as a privileged white woman, had no right to go there – ever. So why is it OK for every two-bit rapper to throw 'bitch' into a rhyming couplet alternating it with 'ho' to describe some woman he is attempting to woo/sleep with/violate? Depending on how seriously you take the lyrics, of course.

Dr Dre's position on women is abundantly clear when he says 'bitches ain't shit'. So, when they call me a bitch I know what they mean. They mean everything my teenage self put into that whispered insult back in the day. So perhaps we women have reclaimed the word, but who you calling a bitch?

x Aspasia

PS: Listen to the #Between2Femmes podcast where we debate this issue. Find it at **Marieclaire.co.za**

Is it ever OK for a man to call a woman a bitch? Tweet me **@AspasiaKarras** and **@marieclaire_sa**

#MCAPRIL

MY MONTH ON INSTAGRAM



Love the macramé 70s throwback pots at the new #Wolfpack in Sandton – fun



City pretty #Sydney



This is the smell of a library – seductive and spicy, compelling me to buy this #Assouline candle



So, so want a robot on my arm #MimcoSS15 #Sydney



Could this be the world's most epic lap pool? #BondiBeach #Sydney



Live **@cliffcentral** *#Between2Femmes debating if it's ever OK to call a woman a bitch*

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WHAT *YOU* SAID!

We love hearing FROM YOU



ON TWITTER

'THE NEW @MARIECLAIRE_SA IS SLEEK AND FASHIONABLE. DEFINITELY WORTH BROWSING THROUGH!'

@LorindasWorld

'Been reading @marieclaire_sa for more than 10 years. It's 2015 and *I AM STILL OBSESSED* with it. Feb issue is jam-packed!'

@Wardah_Hartley

'So excited to see #YouOKSis featured in @marieclaire_sa South Africa!'

@FeministaJones



STAY IN TOUCH

ON FACEBOOK

TOP POST

'Read the article of Hello Kitty celebrating her 40th birthday and saw that the original coin purse is a collectable item. **MY MOM GAVE ME THIS PURSE A FEW YEARS BACK.** I looked on the back of the purse and it's dated 1976 Sanrio with Japanese writing on it as well; this is the year Hello Kitty arrived in the US. I'm so excited!' – **Lianie Pretorius Botha**



#MCPOLL

Want to know what MC readers think about travel, tech, music or food? **GO ONLINE FOR OUR POLLS,** AND CHECK THE RESULTS EVERY MONTH ON OUR 'WHAT YOU THINK ABOUT' PAGE (PXX).

ON INSTAGRAM

1. *Flower x Power #marieclaire* @throughshadedeyes

2. *Blogging and reading in front of the TV... Relaxing Sunday* @marieclairesa @melaniesnook

3. *Tee Tee is with me on this sunny day* @teeteenteta @marieclairesa @thankstai


1


2



3



WIN! OUR TOP POST WILL WIN A NARCISO BY NARCISO RODRIGUEZ HAMPER **WORTH R2 915!**

Narciso, the new women's fragrance from Narciso Rodriquez, defines sensuality with a modern kind of elegance. It's a sexy fragrance with notes of Bulgarian rose and vetiver and a heart of musk. A seductive, feminine fragrance that lingers and endures. The hamper consists of a 90ml EDP spray, 200ml body lotion and 100ml deodorant spray.

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The Chuck Taylor All Star



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TRENDS

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BURBERRY

SHARON'S NOTES



BABY IT'S COLD OUTSIDE

but we're *READY FOR AUTUMN* with rainbow brights, modern office wear and **sixties-inspired pieces**

PHOTOGRAPH IMAXTREE.COM **SHARON'S PORTRAIT** JUSTIN McGEE



LEFT 'I love the 60s high-glamour styling in 1967's *Valley of the Dolls*'

1

2

SWEATER **R399**, MANGO

3

DRESS **R10 850**, HUGO BOSS

4

SHORTS **R550**, JOURNEY LIFESTYLE

5

GUCCI

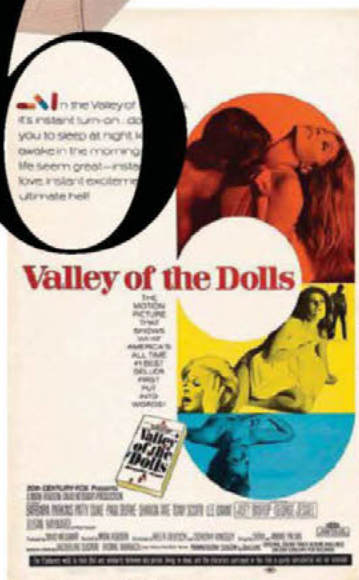
DOLCE & GABBANA HEELS **R17 700**, CATHERYNE GAEYLA

6

MARLY DUNE BAG **R35 000**, LOUIS VUITTON

WHAT SHARON LOVES

'This month I'm looking back to ***THE SWINGING SIXTIES***, with its retro A-line skirts, short shorts, block heels and round sunnies. The trick is to give it **a fresh pastel spin'**



7

JACKET **R999**, NICCI BOUTIQUES

8

PIERRE HARDY PUMPS **R9 600**, LUMINANCE

9

BOOTS **R2 899**, VIA VENETO

10

SKIRT **R490**, MARETHCOLLEEN

11

BALENCIAGA SUNGLASSES **R5 950**, EXTREME EYEWEAR

12

13

14

CUFF **R699**, COUNTRY ROAD

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MARIE CLAIRE @WORK

Look to **DRIES VAN NOTEN'S** AW 2015 collection, with its **optical-illusion prints,** and pair op-art monochrome blouses with classic black trousers for a modern take on workwear

DRIES VAN NOTEN

LAMPS FROM **R2 345**, MEZZANINE INTERIORS

CHAIR **R2 615**, MEZZANINE INTERIORS

SHIRT **R899**, JACKET **R1 599**, NICCI BOUTIQUES

CROPPED TROUSERS **R400**, EDGARS

TROUSERS **R3 590**, MAX MARA

TOP **R3 980**, GERARD DAREL

SHOES **R899**, COUNTRY ROAD

NECKLACE **R89**, ZANDO

LACOSTE CHARLOTTE WATCH **R3 027**, S.BACHER & COMPANY

BAG **R24 500**, EMPORIO ARMANI

JIMMY CHOO **R3 157**, SAFILO

BOB SDRUNK **R2 750**, EXTREME EYEWEAR

JIMMY CHOO **R4 913**, SAFILO

STELLA McCARTNEY **R3 800**, EXTREME EYEWEAR

DIXI PORTFOLIO **R949**, ORDNING & REDA

SHIRT **R999**, COUNTRY ROAD

LAMY FOUNTAIN PEN **R350**, LUKS GROUP

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CÉLINE

CHANEL

ROBERTO CAVALLI

CATWALK TO STREET

WINTER KNITS

Put away your slouchy old sweater and embrace cosy dresses, trousers and skirts

RULE 1
Layering knits too heavy for you? Bring in the cosy look with hats or scarves.

RULE 2
Don't be afraid to work a knitted skirt or dress, worn with a tailored coat.

RULE 3
Go full Burberry and embrace the blanket coat.

RULE 4
Layer a knitted turtleneck over or underneath your dresses and blouses for a flattering, winter-friendly look.

RULE 5
Pair a brightly coloured knit with classic trousers to breathe new life into old staples.


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TOP 10 COLOUR PALETTE

Be a bright spark in solid blocks of VIVID HUES

BELT **R2 500**, VERSACE COLLECTION

SELFI COAT **R1 500**, SAM

JOSEPH KRISTEN TOP **R7 995**, CALLAGHAN COLLEZIONI

VEST **R949**, PRINGLE OF SCOTLAND

MICHAEL KORS SWEATER **R4 195**, CALLAGHAN COLLEZIONI

COSTUME NATIONAL

GLOVES **R1 099**, TED BAKER

FENDI SUNGLASSES **R4 309**, SAFILO

LOAFERS **R2 350**, PAUL SMITH

BLOUSE **R3 195**, PAUL SMITH

TROUSERS **R4 480**, MAX MARA

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THE NEW 501 CT

THE ORIGINAL BLUE JEANS, **LEVI'S 501**, GETS A MODERN MAKEOVER

With its timeless straight leg, relaxed fit and signature button fly, the Levi's 501 has earned its status as the most coveted pair of jeans in the world. For decades, 501 wearers have been customising their denims and now Levi's introduces its new 501 CT (Customised and Tapered) – tapered in the leg, cropped at the cuff and broadened at the waist. You can customise your 501 CT by choosing one of three ways to wear it: Down-Sized, True-to-Size or Up-Sized, all vintage washed to your liking. **Levis.co.za**







UP-SIZED

FOR A MORE RELAXED FIT

'Paper bag' the waist, belting slightly higher. Drawing in the silhouette up top feminizes our most fashion-forward sizing option.

TRUE-TO-SIZE

FOR A CLASSIC, REGULAR FIT

A slight drop in the thigh and seat lends attitude to an elegant taper. Elevate the look with a classic top and heels.

DOWN-SIZED

FOR A SLIM, MODERN FIT

Slim with the laid-back look of your favourite boyfriend jeans. Wear it lower on the hips, unbelted, with a relaxed tee and sneakers.

@LEVISTRAUSSSA

FACEBOOK.COM/LEVIS.SOUTH.AFRICA

LIVE IN Levi's JEANS

PHOTOGRAPHS SUPPLIED, ISTOCK/GETTY IMAGES



'I LOVE A HEELED BOOT PAIRED WITH DENIM, A CRISP WHITE SHIRT AND AN OVERSIZED COAT.' KELLY FUNG, FASHION AND BEAUTY EDITOR



R1 099 NICCI BOUTIQUES



R2 400 VIA VENETO



R1 999 MIMCO

HEELED



R899 ZARA



R4 995 NINA ROCHE



R849 ZOOM

AKRIS



SIGNATURE LOOK

STRUT VS STOMP

This winter it will be *A TOSS-UP* between **the sophisticated heeled boot** and **the cool flat ankle boot**. Which one will you choose?

FLAT

CÉLINE





R399 COTTON ON



R20 000 LOUIS VUITTON



R799 ZOOM



DOLCE & GABBANA **R18 000**
CATHERYNE GAEYLA



R8 195 CALLAGHAN COLLEZIONI



R600 WOOLWORTHS

'THE FLAT BOOT WILL EASILY TOUGHEN UP A CUTE DRESS OR DOWNPLAY A PAIR OF SMART TROUSERS.' LEE HAGEN, FASHION ASSISTANT



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18K YELLOW GOLD PANTHÈRE RING
R228 000, CARTIER

PRODUCTION SAHIL HARIAL, JENNY ANDREWS **PHOTOGRAPH** JUDD VAN RENSBURG **PRODUCTION ASSISTANT** NANCY PEROLD **SEE STOCKISTS PAGE**

JEWELS news

Since its creation in 1914, the iconic Cartier panther has become synonymous with the house. This chiselled, seamless ring, created for the Cartier panther's anniversary, is carved out in solid gold openwork, with peridot eyes, an onyx nose and black lacquer spots. Get ready to pounce...

COUNTRY ROAD



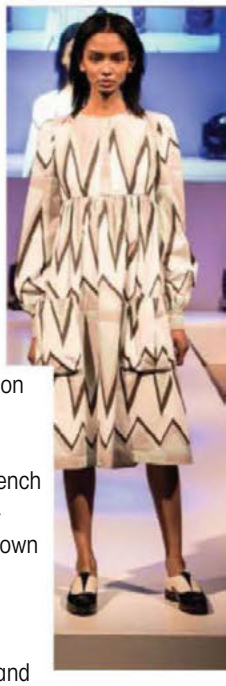
WOMAN MAN CHILD HOME

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DESIGNER DOSSIER

GILES DEACON

Fashion director Sharon Becker travels to Berlin to learn about **NEW FABRIC TECHNOLOGIES** and see designer Giles Deacon's exclusive **machine-washable collection**

Celebrated fashion designer Giles Deacon has worked with French designer Jean-Charles de Castelbajac and well-known high-street brands, as well as being head designer at Bottega Veneta. He was also recently appointed as global fashion consultant for P&G, and unveiled his first machine-washable capsule wardrobe collection, designed for Ariel washing powder, at the 2014 P&G Future Fabrics event in Berlin. We find out how the collection came about and why Ariel's new technology is so exciting.

WHAT IS THE INSPIRATION BEHIND YOUR DESIGNS FOR ARIEL? This collection was all about making first impressions last in colour, confidence and impact. I used silhouettes that you wouldn't expect to be machine-washable – such as the gown – alongside state-of-the-art fabrics to challenge the preconceptions of what machine-washable looks like.

WHY ARE THESE DESIGNS SPECIFICALLY FOR ARIEL? I had Ariel in mind when designing them; it is specifically engineered to clean, protect and enhance the look, feel and scent of your clothes, which is important for the buyer.





HOW DID YOU CHOOSE WHAT FABRICS TO WORK WITH? I wanted to create garments that are floaty, airy, comfortable and breathable – suitable for even the warmest climates.

HOW DID YOU CHOOSE THE COLOUR PALETTE? As the designs are patterned with colour next to colour, I didn't want a garish first impression so I picked more delicate pastel colours. And with Ariel's technology, keeping whites bright and colours vibrant, I felt safe knowing that the colours wouldn't run when washed.



WHY HAVE YOU CREATED DESIGNS SPECIFIC TO VARIOUS COUNTRIES? These designs aren't country specific but I did have humid and warm conditions in mind as often this weather can be the hardest climate to feel fresh and clean in. That's why I've worked with breathable fabrics.



PHOTOGRAPHS FEDERICA TEDESCHI, DEBS CORPORATION (JP) PREMIERE VISION SA, GENTILI SRL (IT)/PREMIERE VISION SA, MAHLIA KENT-PREMIERE VISION SA, SUPPLIED



DESIGNER ACCESSORIES AVAILABLE EXCLUSIVELY AT HYDE PARK, SANDTON CITY,
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ARMANI code
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BEAUTY AWARDS SPECIAL 2015
PRIX D'EXCELLENCE
de la beauté
SA & INTERNATIONAL WINNERS
Celebrate THE ART OF BEAUTY with our winning products

BEAUTY EDITOR'S LETTER

EVERY YEAR, *MARIE CLAIRE* HOSTS the highly esteemed Prix d'Excellence de la Beauté awards, asking industry experts to help us judge, deliberate and decide who comes out on top. This year, I was joined by Cathi Trevor, beauty editor at *Good Housekeeping*, Juana Parathyras, beauty editor at *Cosmopolitan*, beauty and fashion stylist Lebogang Malatse, Mathahle Stofile from The Matte Project and our very own editor, Aspasia Karras, to test and rate all the entries – a judging process that never gets any easier!

The task is a lengthy one, with beauty products split into three categories: skincare, local products and make-up. We also included an honorary category this year for a product that has changed the game of skincare. While innovation and technology always excite us, this year I noticed that it was the simpler products that showed definite results – the ones that were easy to use and conducive to a busy lifestyle – that really got us oohing and aahing. It demonstrated to me that, despite the ever-growing scientific and technological advancements flooding the industry, we as beauty editors and women in general will always seek out the products that deliver on its promises.



Thank you to the judges who joined me at Athol Place Boutique Hotel in Johannesburg – its beautiful, newly renovated surroundings made the judging day even more pleasurable. And, of course, thank you to all the brands for submitting such great entries this year – our task was a mammoth one, but nothing short of fun.

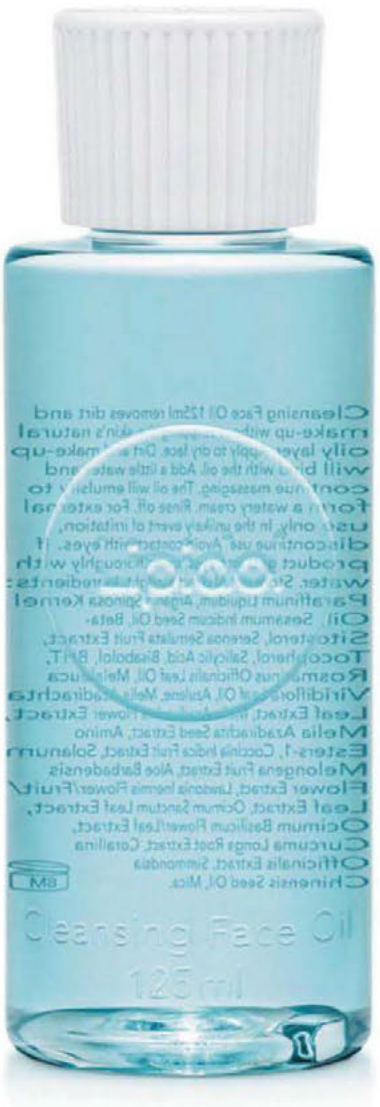
KELLY FUNG
FASHION AND BEAUTY EDITOR

THE JUDGING DAY

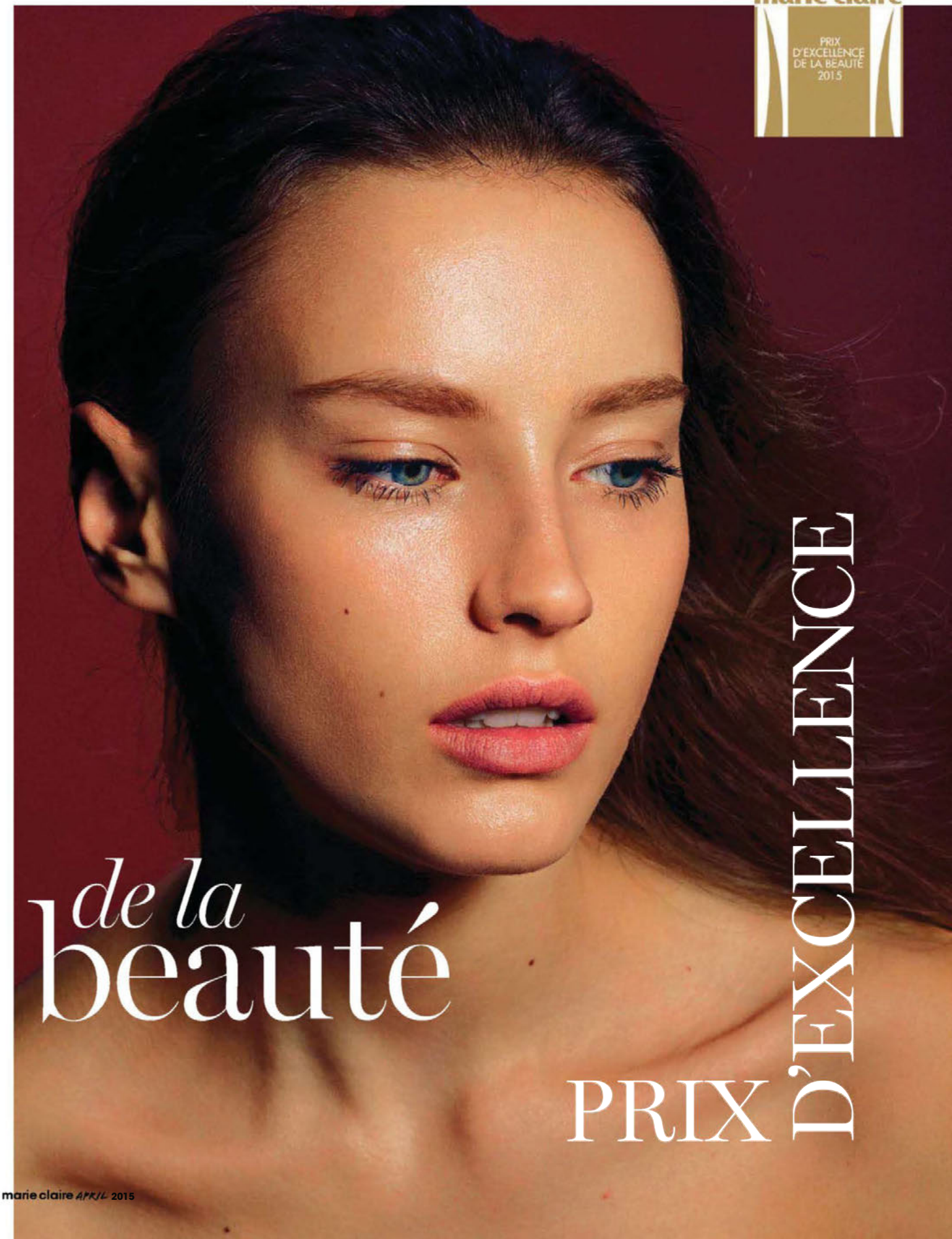


LEFT
The judges (from left): Aspasia Karras, Lebogang Malatse, Mathahle Stofile, Kelly Fung, Cathi Trevor and Juana Parathyras

THE JURY'S OUT...
A tough day of judging made easier with food and bubbles at Athol Place



Cleansing Face Oil, R79.95, lipidol.com


marie claire
PRIX D'EXCELLENCE DE LA BEAUTÉ 2015
de la beauté
PRIX D'EXCELLENCE

WINNERS

KÉRASTASE *Densifique*

This haircare range helps create hair substance by targeting the hair follicle, making it the most scientifically advanced treatment for thicker, fuller hair.

JUDGES' COMMENT 'It has a dramatic effect – hair feels stronger and is much thicker, and the range smells delicious.'



SHISEIDO *Ultimune Power Infusing Concentrate*

Ultimune helps boost the skin's multi-defensive powers while also aiding in strengthening its resistance to day-to-day damage and signs of ageing.

JUDGES' COMMENT 'It's a hybrid treatment that works and combines well with any skincare regimen. It's a first.'

CLARINS *Radiance-Plus Golden Glow Booster*

Golden Glow Booster's innovative formula lets you create a radiant, natural-looking self-tan that develops gradually and evenly from the first application.

JUDGES' COMMENT 'One drop on the cheeks every two days is enough for a pretty golden effect, making it look like you spent the weekend outdoors.'

GARNIER *Le Soin Miracle*

This cream has a self-adjusting formula enriched with micro-pigments that provide natural coverage. Skin immediately appears flawless, radiant and visibly younger.

JUDGES' COMMENT 'This is the magic wand we dream of – the results are stunning. The smoothing action is effective on minimising the appearance of fine lines and signs of fatigue; it has it all.'



KIEHL'S *Hydro-Plumping Re-texturizing Serum Concentrate*

This serum is formulated with glycerine and shiso leaf extract. Glycerine promotes skin elasticity and shiso leaf extract helps to correct the signs of dehydration.

JUDGES' COMMENT 'It has an immediate "wow" effect. It is an essential and the results are long-term.'

LANCÔME *Grandiose Mascara*

The first swan-neck mascara is bent to work with the shape of your face for unprecedented access to all lashes – corner to corner, root to tip, it is the ultimate mascara for length and volume.

JUDGES' COMMENT 'When Lancôme makes a new mascara, they don't play around. This one is a mascara revolution – and so easy to use!'

KLORANE *Conditioning Balm With Flax Fiber, Leave-In Spray With Flax Fiber and Shampoo With Flax Fiber*

It gently cleanses and conditions while preserving the natural balance of the hair and scalp. The lightweight formula adds body from the roots, plus it's biodegradable and includes no parabens.

JUDGES' COMMENT 'It's the perfect solution for dull, lifeless and shapeless hair.'

INTERNATIONAL JUDGES / ARIANE GOLDET PRESIDENT OF THE JURY, *MARIE CLAIRE* FRANCE **SO YOUNG AN** *MARIE CLAIRE* KOREA **CATHERINE BAUDET** *BIBA* **SABRINA BOTTONE** *ELLE* ITALY **EMMANUELLE DEMAREST** *VERSION FEMINA* **MARIE-FRANCOISE DUBILLON** *VOTRE BEAUTÉ* **ERIN FLAHERTY** *MARIE CLAIRE* USA **DOMINIQUE GARNIER** *AVANTAGES* **LING JIA** *MARIE CLAIRE* CHINA **ANASTASIA KHARITONOVA** *MARIE CLAIRE* RUSSIA **AURELIE LAMBILLON** *BE* **EMMANUELLE LANNES** *COSMOPOLITAN* FRANCE **JULIE LEVOYER** *STYLIST* FRANCE **LISA OXENHAM** *MARIE CLAIRE* UK **BRIGITTE PAPIN** *MADAME FIGARO* **MARIA VITTORIA POZZI** *MARIE CLAIRE* ITALY **BEATRICE THIVEND** *GALA* **ALEXANDRA RAILLAN** *MARIE FRANCE* AND *BE* **VIRGINIE DE TARLÉ** *FEMME ACTUELLE* AND *PRIMA*





BEST CARE PRODUCT
WINNER

BIO EFFECT *EGF Eye Serum, R790*

'Miracle cure' – Aspasia Karras

'Incredibly effective and a dream on the skin' – Lebogang Malatse

FIRST RUNNER-UP DIOR *Capture Totale Dream Skin 30ml, R1 490*

SECOND RUNNER-UP CLINIQUE *Sonic System Purifying Cleansing Brush, R1 600*



2



3

1



BEST MAKE-UP PRODUCT

WINNER

STILA *CC Cream 40ml, R445*

'This is magic – it imitates your skin tone before your eyes' – Aspasia Karras

'Micro-encapsulated pigments adapt to your skin tone, creating flawless-looking skin and hours of hydration' – Cathi Trevor

FIRST RUNNER-UP SMASHBOX *Photo Finish Foundation Pore Minimizing Primer 30ml, R395*

SECOND RUNNER-UP DIOR *Glow Maximizer Light Boosting Primer 30ml, R570*



2



3

1



BEST LOCAL PRODUCT
WINNER

LIPIDOL *Oil Range, R80 each*

'An entire range of oils! I can't think of a better, more holistic and affordable skincare range' – Juana Parathyras

'I'm currently in love with oils and this whole range doesn't disappoint. My favourite is the Overnight Face Oil and the Cleansing Face Oil' – Mathahle Stofile

FIRST RUNNER-UP DR GOBAC *Exfoliating Masque with Papaya Enzyme 50ml, R399*

SECOND RUNNER-UP ORDINARY *Skincare Range, from R285*



2



3



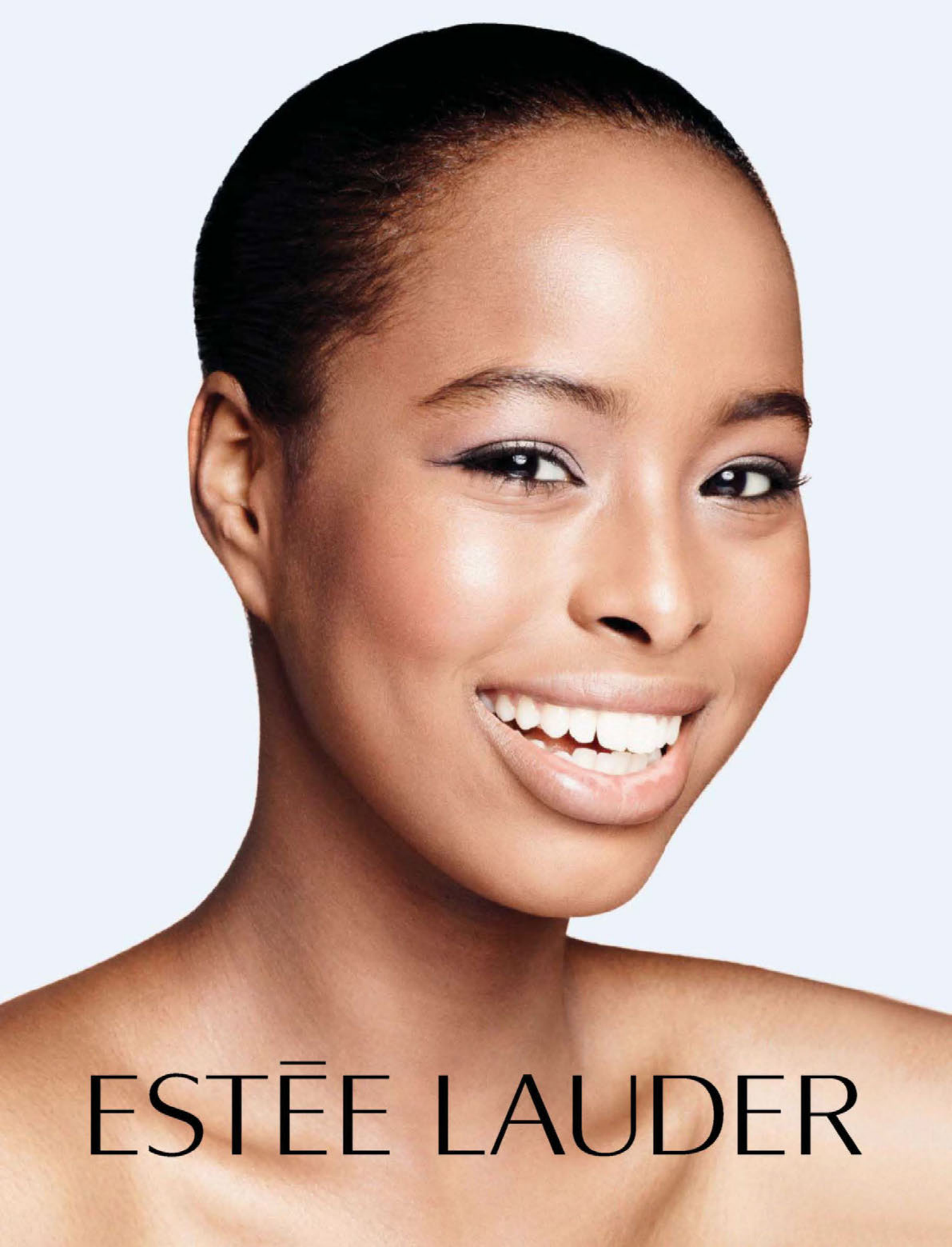
COMPILED BY NOKUBONGA THUSI **PRODUCTION** NOKUBONGA THUSI, KELLY FUNG **PRODUCTION ASSISTANT** ZITA ZAMBO **PHOTOGRAPHS** JUDD VAN RENSBURG

HONORARY PRODUCT

WINNER

CLINIQUE *Sonic System Purifying Cleansing Brush, R1 600*

'Totally transformed the texture of my skin. So easy to use – love!' – Kelly Fung


ESTĒE LAUDER

RADIANT, FLAWLESS SKIN

ADD THE NEW ESTÉE LAUDER ENLIGHTEN SYSTEM TO YOUR EVERYDAY BEAUTY REGIMEN AND SEE HOW THIS BREAKTHROUGH RANGE DELIVERS POWERFUL RESULTS

THE PROBLEM

Hyperpigmentation is characterised by dark patches on the body, predominantly on the face, which occurs when your skin produces excess melanin or if the cells producing it are damaged or affected. This can happen either due to overexposure to the sun or pollution, or by hormonal imbalances in the body, affecting not only your outer appearance but the inner confidence, too.

THE SOLUTION

Estée Lauder's New Enlighten Skintone Correcting System contains two products that work day and night to awaken a transformation for naturally glowing, even-toned skin – Enlighten Dark Spot Correcting Night Serum and Enlighten Even Skintone Correcting Creme – designed to work together to maximise the benefits.

Enlighten Dark Spot Correcting Night Serum helps correct and refine skin's texture and tone, and is so powerful that a significant reduction in the look of spots begins in less than two weeks. This silky and lightweight serum includes Estée Lauder's most advanced spot-correcting and brightening ingredients that boost the skin's natural ability to prevent visible spots and discolouration from forming.

Enlighten Even Skintone Correcting Creme is an intensely hydrating creme that comforts and brightens skin, and soothes skin irritation with its lush, lightweight formula.

THE RESULT

In two weeks, **you'll see a noticeable difference in skin texture and tone.**

In four weeks, **your skin will look refreshed and hydrated, and you will see a significant reduction of dark spots, discolouration and blotchiness.**

STEP-BY-STEP SKINCARE

1. After cleansing morning and night, apply Estée Lauder Enlighten Dark Spot Correcting Night Serum.
2. Once absorbed, apply Estée Lauder Enlighten Even Skintone Correcting Creme.
3. Follow with Estée Lauder DayWear Advanced Multi-Protection Anti-Oxidant & UV Defense SPF 50.



PHOTOGRAPHS GALLO/GETTY IMAGES, FRANK ELLIS

Visit your nearest Estée Lauder counter for a personalised skincare consultation and receive a complimentary sample suited to your skincare concern.

Shop online at ***Esteelauder.co.za***

@EsteeLauderSA Facebook.com/EsteeLauderSA



SONIA RYKIEL





ALBERTA FERRETTI

WHAT KELLY LOVES

'I am always in awe of the constant advancements in beauty – *THIS MONTH* I'm inspired by our **exceptionally good local products**'

WORDS KELLY FUNG **PHOTOGRAPHS** JUDD VAN RENSBURG, PAUL SAMUELS, IMAXTREE.COM

1

Optiphi Body Curve Body Foliant / When used twice weekly, my skin felt incredible. This is a dual-action, refining enzymatic body exfoliant that gently and effectively removes dead skin cells. Hello, glowing skin!



OPTIPHI BODY CURVE BODY FOLIANT 200ML **R625**

2

Esse Toner Plus / The list of benefits of this toner is almost endless, including repairing the skin's barrier function. But what really stood out for me was how great it felt on my skin from the first application.



ESSE TONER PLUS 100ML **R370**

3

Africology Anti-Aging S.O.S Spray / A refreshing skin conditioner that can be sprayed all over the body for those days when your skin feels overworked and in need of a little extra nourishment.



AFRICOLOGY ANTI-AGING S.O.S SPRAY 100ML **R380**

4

African Organics Baobab Clay Wash / I'm in love with this body wash, a clay foundation that foams. The bentonite clay acts as a mild exfoliant that helps clean the skin and baobab fruit powder ensures skin isn't stripped of its moisture. The ingredients are of 100% natural origin, too.

AFRICAN ORGANICS BAOBAB CLAY WASH 210ML **R45**

TheraVine MusculaVine Massage Oil / Totally decadent and 100% natural, this oil does wonders for tired muscles. It has a clever warming effect, and I can't get enough of it.

5



THERAVINE MUSCULAVINE MASSAGE OIL 100ML **R322**

BEAUTY ON A BUDGET

Let your lashes do the talking with **our pick** of affordable *MASCARAS*



CATRICE BETTER THAN FALSE LASHES VOLUME MASCARA IN BLACK **R80**

AVON BIG & DARING VOLUME MASCARA IN BLACK **R130**

MAX FACTOR MASTERPIECE TRANSFORM HIGH IMPACT VOLUMISING MASCARA IN BLACK BROWN **R110**

HANNON SUPER LASH MASCARA LONG LAST IN BLACK **R185**

WOOLWORTHS DOUBLE ENDED MASCARA IN BLACK WITH PRIMER **R160**

JUSTINE LUXE SEDUCTION MASCARA IN BLACK **R179**

WORDS ZITA ZAMBO **PHOTOGRAPH** JUDD VAN RENSBURG

Catrice
This mascara creates the perfect false-lash illusion with its 'triple volume' brush that lengthens lashes and creates thickness.

Avon
We love this mascara for its curved brush that gives you the perfect amount of volume and curl for a sophisticated look.

Max Factor
Great for people with curly lashes, the brush is designed to carefully separate them, for the perfect baby-doll eyes.

Hannon
The must-have staple mascara for your beauty kit if you want to lengthen lashes. It also separates them for perfect definition.

Woolworths
This double-ended wand allows you to first prime lashes for length then curl and define for the ultimate va-va-voom look.

Justine
Justine's unique 'black diamond powder' creates a rich formula for full, seductive lashes and is suitable for sensitive eyes.

TIP: FOR A FRESH, MINIMALIST, DAYTIME VERSION OF THIS LOOK, PILE ON THE MASCARA ALONG THE BOTTOM LASHES, BUT SKIP THE EYELINER ALONG THE LOWER EYELINE.


PRADA


GUCCI

MASTERCLASS

HOW TO GET SWINGING 60s LASHES

Fashion houses from **Gucci** to **Louis Vuitton** and **Saint Laurent** to **Prada** looked back to the 60s this season. **TAKE INSPIRATION** from the era's icon, Twiggy, and jump on board the retro beauty train

Flutter Eyelash expert Melissa McC deAraujo suggests lash extensions for a longer-lasting, authentic 60s look, or if you don't have the full lashes necessary to begin with. 'The 60s look is all about the drama', she says. To create this exaggeration, the Flutter Eyelash lash artist starts by applying a full set of Babydoll Lashes before applying 2D Volume lash accents for a wide-eye effect. To recreate the Twiggy look, the lash artist mirrors the volume and fullness on the lower lash line. This process can take up to 2.5 hours but the results are worth it. Prices start from R700. **Fluttereyelash.co.za**



STEP-BY-STEP GUIDE

step 1
PRIME Apply a primer to the entire eyelid before applying a light-coloured eye shadow on the top.

step 2
LINE Using a gel or liquid liner, draw a line along the upper lash line and extend at the outer corners for a perfect cat-eye flick.

step 3
COAT Layer on the mascara! Powdering the lashes with translucent powder between coats to create fullness.

step 4
DOUBLE UP Apply your chosen set of falsies carefully using tweezers for extra precision. Practice makes perfect.

step 5
FINISH Line your eye's waterline with a neutral cream eyeliner. Apply four to five coats of mascara to achieve Twiggy's iconic doe-eyed look.

For tips on how to keep your falsies in top condition, visit **Marieclaire.co.za**

#MCBEAUTY

WORDS KELLY FUNG **PHOTOGRAPHS** JUDD VAN RENSBURG, IMAXTREE.COM, SUPPLIED

ON THE BEAUTY DESK

The beauty insider news you need to know this month...

BABOR REVERSIVE ANTI-AGING EYE CREAM 15ML **R1 319** BABOR REVERSIVE ANTI-AGING CREAM RICH 50ML **R2 783** BABOR REVERSIVE ANTI-AGING DUAL SERUM 8.7ML (SET OF FOUR) **R1 650**



Turn back time

Finding the fountain of youth has never been this easy thanks to new **ReVersive** anti-ageing range from German luxury skincare brand Babor. Each product contains the exclusive Re-Youth Complex, created from a combination of plant stem cells and active marine ingredients to target poor skin cell activity, lack of skin elasticity, luminosity and wrinkles.

BE A LEGEND

Paco Rabanne has teamed up with two iconic rock stars, Debbie Harry and Iggy Pop, to celebrate 10 years of its Black XS brand. These limited-edition fragrances honour the two legends with a his-and-hers scent duo named after each star. We love Black XS Be A Legend Debbie Harry, with its notes of hellebore, black vanilla and patchouli creating an invitingly sweet and light scent, perfect for the woman with a mix of edge and femininity.

Mix it up

A man's fragrance is perfect for two reasons: it smells amazing on him and you can borrow it to give your own scent a boyish charm. This new offering from **Lacoste** is playful and zesty, while still carrying a distinct masculine power. Switch it up and layer your scent with his.

ESSENCE NAIL ART HELLO FOILS! GRAFFITI LOOK TRANSFER SOLUTION 8ML **R35**



RALO SPUNKY SPECKLES NAIL POLISH IN CHEWS YOU 12ML **R40**





ESSENCE NAIL ART HELLO FOILS! GRAFFITI LOOK TRANSFER FOILS **R29**



PACO RABANNE LIMITED-EDITION BLACK XS BE A LEGEND EDT 80ML **R740**



LACOSTE EAU DE LACOSTE L.12.12 JAUNE OPTIMISTIC 100ML **R865**

TREND ALERT GRAPHIC NAILS

We're having fun with our nails with this season's hottest trend: graphics. Try hologram or spotted designs for a fresh update on your nail art.



CUSHNIE ET OCHS



MANISH ARORA

For easy nail art how-to's, visit **Marieclaire.co.za**

#MCBEAUTY

WORDS NOKUBONGA THUSI **PHOTOGRAPHS** JUDD VAN RENSBURG, IMAXTREE.COM, SUPPLIED



PRABAL GURUNG

SKIN 101



RECOMMENDED PRODUCTS
BABOR HSR LIFTING EXTRA FIRMING HAND CREAM 50ML **R814**
BIONIKE DEFENCE B-LUCENT ANTI-DARK SPOTS SKIN-EVENING HAND CREAM SPF20 50ML **R100**

WHAT CAUSES OUR HANDS TO AGE?

Expert *Dr Maureen Allem, founder and medical director of Skin Renewal*

Our hands are always exposed to the elements, while constantly assisting us in carrying out daily activities. Sun exposure or photoageing causes dark spots, enlarged veins and the depletion of collagen in the hands, resulting in thinning skin or a bony appearance. There are numerous treatments that can assist with hand rejuvenation, like carboxytherapy or medical needling, as well as laser therapy and dermal fillers.

ANTI-AGE YOUR HANDS

You can 'fake it till you make it' but ***YOUR HANDS WILL NEVER LIE.*** They will always give away your true age so it's important to show them just as much attention as those nagging crow's feet. **We ask experts about the best treatments** to keep hands looking young

ANTI-*AGEING* TREATMENTS

LASER REJUVENATION

WHAT IS IT? The deeper layers of the skin are stimulated by heat using specialised laser or light-based therapies. This causes micro-injuries, which helps to speed up the skin's rejuvenation process as well as tightening collagen fibres. The skin of the hands is gradually lifted and collagen production stimulated with future treatments.
PRICE: From R375 per treatment, depending on laser system selected and area size.

CHEMICAL AND LASER RESURFACING

WHAT IS IT? Two treatments that combat uneven skin tone and discolouration caused by sun damage. A series of chemical peels is used to increase skin-cell turnover and improve the skin's tone and texture by removing the upper layers of the skin. By doing this, the healthier, plump skin is revealed, the skin's natural ability to repair itself is sped up and it allows for the easy penetration of at-home products.
PRICE: From R775 per treatment.



RECOMMENDED PRODUCTS
FILORGA HAND-FILLER ANTI-AGEING MASK FOR HANDS AND NAILS **R550**
COMFORT ZONE SKIN DEFENDER TRIPLE PROTECTION HAND CREAM 75ML **R355**

DERMAL FILLERS

WHAT IS IT? Volume loss in the hands and face are the first noticeable signs of ageing or weight loss. Dermal fillers can be used to instantly put volume back and give the hands contoured, plump-looking skin. The filler is made from hyaluronic acid, which is naturally found in the body, and the results can last for 6-8 months. Expect a little bruising, but this subsides quickly after treatment.
PRICE: From R2 900.

3 Best ANTI-AGEING TIPS

1. Always use a moisturising hand cream with sunscreen to prevent photoageing.
2. Keep nails manicured and neat for a youthful appearance.
3. Wear gloves wherever possible to protect your hands from the elements and household tasks.

WORDS NOKUBONGA THUSI **PHOTOGRAPHS** JUDD VAN RENSBURG, IMAXTREE.COM, SUPPLIED





THIS IMAGE *Models in Dakar, Senegal, fit dresses for Paris-based Cameroonian designer Martial Tapolo Couture before a show at Dakar Fashion Week* ***TOP RIGHT*** *Models for David Tlale during a fashion show at Mercedes-Benz Fashion Week Cape Town*

AFRICA

BEYOND THE FRONT ROW

Swedish photojournalist Per-Anders Boras has spent the last three years getting an insider's eye on fashion weeks around Africa. He shares his journey so far

MC: Where did your inspiration for this project come from?
I am fascinated by the work of the designers; all the colour and the interesting locations where fashion events are held.

MC: What do you love about this story? It is a positive, colourful and beautiful narrative about

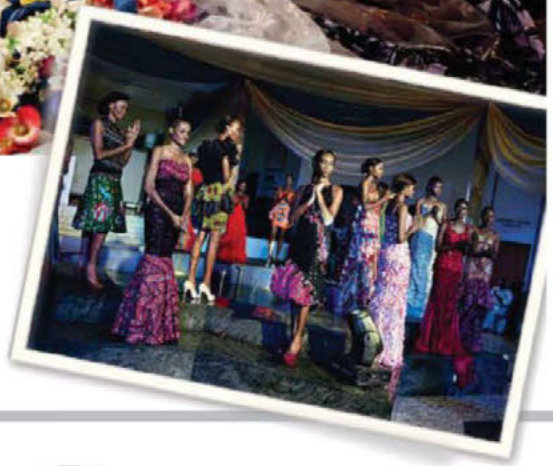


MOM SAYS WASH YOUR HANDS
April 7 is World Health Day – this year's focus is food safety

2 million
HOW MANY PEOPLE **DIE ANNUALLY DUE TO UNSAFE FOOD**







CLOCKWISE FROM TOP *Models pose for an installation show at the Klûk CGDT flagship store in Cape Town during Mercedes-Benz Fashion Week (MBFW); a model has her hair and make-up done backstage at MBFW Joburg; models at Ecowas Fashion Week in Abuja, Nigeria*

Africa that is different from the harder stories we usually hear from the continent. And there is also an economic account about the jobs the fashion industry creates in Africa – from the designers and models to the photographers, seamstresses and production people.

MC: What was the most interesting thing you discovered while shooting?

How beautiful it is and what a very different world the fashion industry is to what I am used to.

MC: How did you find your subjects?

I got great access by just being around the events as often as I could. The more time I spent in the industry and the more contacts I made, the more designers and models reached out to me. It has been an organic process of getting to know the industry and key players over the years.

Columnist
ZANELE KUMALO
@misszan



HOT DESK

LADY BOSS BLUES

SO, YOU LANDED a good job and proceeded to climb the ladder. Then you leaned in and leaned right back out, balancing long enough to think about trying to have it all: the kid, the partner and the job. But when you finally broke through the glass ceiling, it felt like the world came crashing down. According to a 2014 study by the University of Texas in Austin, this is what happens to a woman in a high-powered position with the authority to hire and fire workers and influence their salaries. Apparently, the more job authority you gain, the more depressed you could become. Tetyana Pudrovska, who led the University of Texas study, says women are more likely to be depressed when they have job authority because of cultural expectations and gender bias – for example, when we have to be friendly but assertive at the same time, but become *too* friendly and you risk being seen as incompetent; or *too* assertive and you risk being cast as bossy. We also tend to be evaluated more strictly when compared to our male peers and female subordinates, and our entitlement to authority is scrutinised more closely than a man's would be. Add to that, the double workload of raising a family and developing a career and you have the recipe for chronic stress.

Even so, according to a 2010 report by McKinsey & Company, US companies with 30% or more women in top-level functions 'perform better than those who have significantly lower amounts of women in their top layer of the company'. There could be two reasons. One, that there are benefits to diversity as women bring something different to the table; or two, that a company with a culture of inclusiveness and fairness knows how to identify and develop leadership talent to grow their business.

I would say that both had some merit but I'd like to think that our resilience has a lot to do with it. We have a long way to go, still, and we need to make sure companies are made to fulfil gender quotas and stamp out the bigotry that prevents more women from being happy high achievers.

200 THE **NUMBER OF DISEASES** LINKED TO FOOD CONTAINING HARMFUL **BACTERIA, VIRUSES, PARASITES OR CHEMICAL SUBSTANCES**



70°C THE **TEMPERATURE** YOUR **COOKED CHICKEN** SHOULD BE TO **AVOID FOOD-BORNE DISEASES**

Columnist
SARAH KOOPMAN
@sarah_koopman



BODY POLITICS

ALL ABOUT THAT WAIST

THE WAIST TRAINER has burst back into pop culture, catapulted by none other than the Kardashians, of course. The thinking is simple: wear a waist trainer that cinches in your middle and hope that eventually your body will take on that desired hourglass shape even when you're not wearing it. While Mrs West would have us believe that her almost miraculous post-North weight loss was the result of a gruelling gym routine, she couldn't keep her secret for too long. When she first posted a photograph wearing her waist trainer, I breathed a sigh of 'I knew it' relief. And then googled to find out more. Retailers are now producing special 'fitness waist trainers' and 'sports waist cinchers'; well-constructed works of latex and plastic that supposedly help you target your abdomen when working out. They apparently compress your core and make you sweat more, with the weight loss aspect extending to you simply not being able to eat as much. And much like Kim, Beyoncé and Nicki Minaj, the slimmer your waist looks, the more voluptuous your curves appear. But while the aesthetic benefits might be worth the discomfort for some, the 'weight loss' you're seeing is unlikely to be a loss of fat; the leaner look could be attributed to a redistribution of fat and organs in the abdomen. Getting that hourglass shape by sweating it out under a latex waist trainer is also not necessarily an indication of weight loss. Sweating is the loss of water, and while you may look and feel less bloated, you're not losing fat. Working out while wearing a waist cincher automatically cuts down the amount of oxygen you are able to inhale, leaving you short of breath. According to experts, a lack of oxygen could contribute to metabolic syndrome – which slows down your metabolism and results in weight gain. In more extreme cases, the pressure could cause broken ribs and collapsed lungs. And as much as a waist trainer is focused on and will support the core, if you haven't strengthened your core sufficiently prior to training, extensive use of a waist trainer will decrease core strength over time. No matter how good a slender waist looks, being able to stand up unassisted is definitely preferable. I, for one, am going to give the quick fix (and rather frightening health risks) a skip.

> Being able to stand up unassisted is definitely preferable

#MCDEBATE

Would you pull a Kim K and wear a waist trainer? Tweet us **@marieclaire_sa**



CHINA

SAVING FACE

CHINA HAS SOME of the worst air quality in the world and face masks are a daily reality for its citizens. But Hong Kong-based designer Nina Griffee (27) has developed a line that is both practical and fashionable. In collaboration with Vogmask, which sells pollution masks in stylish prints, Nina designed a collection with the masks already sewn into the clothes. The line launched at Hong Kong Fashion Week, including everything from a ball gown accessorised with a mouth and nose cover to ponchos with coordinating removable masks. Could this stylish place where form meets function be the future of fashion?

Columnist
MABALE MOLOI
@MabaleMoloi



ON MY MIND

THE MODERN WOMAN

A FEW YEARS AGO I participated in a round-table discussion on feminism and what it means to be a 'modern-day woman', hosted by eNCA news anchor and Power FM presenter, Iman Rappetti. While introducing ourselves, I was struck by an entrepreneur in her 30s who described herself as 'child-free.' It was only after she explained the difference between childless and child-free that I took in the impact of her statement: a childless woman is one who wants children but doesn't have them yet, while a child-free woman doesn't want to be a mother. She then explained how her stance on not wanting children is often met with shock and judgement – as if the biological ability to fall pregnant somehow puts you in a situation where you are expected to do it. In the event that you are so bold as to not want to bear children, you lose points for reneging on your duties. Worse, still, is that this judgement often comes from other women. Why is that? I have found the treatment to be similar for women who choose not to get married. That is why we have derogatory phrases: spinsters and *lefetoa* (loosely translated as 'all the men who have been with you have passed on you'). Irrespective of the language used, the phrase suggests that there is something fundamentally wrong with you as a woman for not getting married.

The operative word for me in both these instances is 'choice': choosing not to have children or to get married. Is this not what women have fought for – the right to make our own decisions?

'SHE said that!'

Straight talk worth repeating from some of our favourite women

'IF YOU DON'T HAVE A SENSE OF SELF-WORTH, IT DOESN'T MATTER HOW MANY ACCOLADES PEOPLE THROW AT YOU'
– Gugu Mbatha-Raw on priorities





'You have to work; you can't expect your dreams to be handed to you on a plate'
– Stella McCartney on making it happen



'I FEEL MOST BEAUTIFUL WHEN I FEEL STRONG'
– Karlie Kloss on the benefits of a fit lifestyle



'Talent, brains, heart, instinct, feelings, health, friendship, time and money. Use what you've got. Otherwise, why would you be given more?' **– Elana Afrika-Bredenkamp** on counting your blessings



'YOU WAKE UP ONE DAY AND SUDDENLY REALISE THAT YOUR YOUTH IS BEHIND YOU, EVEN THOUGH YOU'RE STILL YOUNG AT HEART'
– Joni Mitchell on ageing

'When you don't love yourself first, you give other people authority over you life'
– Nomzamo Mbatha on claiming ownership of your life



Inspired by a quote you heard recently? Share it with us **@marieclaire_sa**

#MCTALK

COMPILED BY SARAH KOOPMAN **PHOTOGRAPHS** PER-ANDERS PETTERSSON, ISTOCK/GETTY IMAGES, REX FEATURES, GALLO IMAGES/GETTY IMAGES

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'I FEEL AS WILD TODAY AS I HAVE EVER BEEN'

Angelina's arrived

Unbound, unapologetic, unbroken – Angelina Jolie is as strong and inspiring as ever, whether in front of the camera or behind it

Words LILY ROGERS, VERONICA PARKER

Photographs ART STREIBER

Angelina Jolie has long been a woman on a mission. Whether it involves her decade-long humanitarian work on behalf of Unicef or her devotion to the six children she and husband Brad Pitt have been raising together, the 39-year-old Oscar-winning actor has shown extraordinary dedication. Now she's embracing what she expects will be the second act in her film career – directing. Having gained confidence from her first experience behind the camera, 2011's *In the Land of Blood and Honey*, Angelina is back with her new film, *Unbroken* – a moving account of the life of US Olympian and WWII hero Louis Zamperini, who survived two years of torture and near-starvation as a Japanese POW.

'I'm deeply proud to have been able to tell the story of such an incredible man,' Angelina says. 'Louis' life is the very definition of everything you hope to discover about the human spirit.'

She has also just finished filming her much-anticipated on-screen reunion with Brad – the drama *By the Sea*, which she also wrote and directed. Brad and Angelina spend most of the year living in their sprawling Los Angeles estate together with their children Maddox (13), Pax (11), Zahara (10), Shiloh (8) and twins Knox and Vivienne (6). The family also enjoys spending time on their 500-acre estate on the French Riviera, Château Miraval.

Her tireless humanitarian work raising awareness of the toll of war on refugees and supporting various conservation foundations around the world no doubt contributed to her recently being voted the most-admired woman in the world in a YouGov UK poll that surveyed 25 000 people in 23 countries. Last year, she was also appointed an Honorary Dame Commander of the Order of St Michael and St George by Queen Elizabeth II.

MC: What do you hope audiences will learn or feel after seeing *Unbroken*? I would like people to appreciate what an extraordinary man Louis Zamperini was and what his courage and determination can teach us. It's almost unimaginable how he lived through all that and experienced the worst possible prison camp conditions. His story shows you that human will is a remarkable thing and how incredibly brave and resilient he was.

MC: Was this the kind of more epic story that you were looking for as your second film as a director? No. This film was a much larger project than I had really been looking for. I had spent some time trying to find a moving and emotionally powerful story but I wasn't thinking of making a movie of this scope. The idea of making a movie about his life had been making the rounds in Hollywood for more than 50 years and for many different reasons it just couldn't get made. But as soon as I read Laura Hillenbrand's book *Unbroken: A World War II Story of Survival, Resilience and Redemption*, I knew I wanted to do the film because it was such a compelling story even though I knew it would be a big challenge.

MC: Have you shown your older children the film? My boys saw an early cut of *Unbroken* and I thought they would be talking about the sharks [that circled Louis' life raft after his plane went down]. Instead, they asked me about the death of one of the characters, and I was surprised by that. I think what children can handle and what they're interested in is much deeper than people assume. It's why sometimes we make things too simple for them. With a film like this, people say, 'Is it too dark for children?' It's not. They want to understand things that frighten them. They want to see dark things that happen, and they want to see how to rise above them.

'HOW DARE I EVER, EVER BE SO BLIND AS TO THINK I COULD COMPLAIN AND COULD WANT FOR MORE, WHEN SO MANY PEOPLE HAVE SO LITTLE AND ARE SUFFERING SO MUCH'

MC: You were shooting *Unbroken* for several months in Australia while Brad was working on his film *Fury* in England. How did you manage that kind of separation? We found a way to romanticise our time apart. We imagined ourselves as a couple who were living during WWII and separated the way so many couples were. We decided we would write handwritten letters to each other that gave us a chance to express our feelings about how much we cared about each other and thought about each other. Even though it was hard to be away from each other for so long we tried to make it as beautiful and romantic as we could.

MC: How did your children handle life in Australia? They are used to travelling and being in Australia was a huge adventure for them. They did a lot of flying back and forth so they could spend time with each of us. But we have help with the children and we can manage very well, compared to many couples or single parents who have to struggle with financial responsibilities and finding the time to be with their kids. I also get to spend a lot of time with my children when I'm not working and I would rather just stay at home with them. Even while I've been editing *Unbroken* I was able to make sure that they would eat lunch with me and I would be home for dinner and bedtime. I'm very grateful to be able to work when I want to and try to be as good a mother to my children as I can be. Louis would always tell me to take time to appreciate all those moments with my children.

MC: This film shows that there's a hero in all of us. Can you share a moment in your life when you found out that you were stronger than you thought you were? When I became a mom, because it was obviously a slightly different experience for me because I didn't give birth to my first child, Maddox, and suddenly he was there and I picked him up at the airport. *[Laughs]* And he was six months old and we were just in this room alone together in this house. I was in Africa and I didn't quite know how I was going to meet that challenge, and I couldn't believe that I was somebody's mother, and in that moment I realised that in an instant your life actually belongs to somebody else and every choice you make is going to affect this other person. So now you will step up and you will be the best version of yourself, because you have to be. And I remember the first time he got hurt, and I said, 'Oh, it's fine, it's all fine,' and then you realise, 'Oh, now you are that person.' You are the person that says it's all fine, with total confidence that you will make it fine because that's your job now. You are not the one crying any more.

MC: Have you ever thought of writing your autobiography and making a movie about your experiences? I feel like I have so much to learn and I am still very much in the middle of whatever it is I am supposed to be. I feel like I still wake up every day wondering if I am doing enough and what I should be doing with my life.

MC: Looking back, after your wild streak, when do you think things changed for you? Well, it's funny. I feel as wild today as I have ever been. For me, I think the big change was getting out of myself and not thinking about myself as much. That happened the first time I went to a war-torn country because when you grow up, especially in LA, you get upset about very mediocre things, very, very silly things. You are dark and you are depressed and you want to do this or that and then you go to a place where you realise that you really want to smack yourself in the face, and just say, how dare I ever, ever be so blind as to think I could complain and could want for more, when so many people have so little and are suffering so much. As soon as I became aware of that, I was so ashamed that I had been so conscious and so worried about my own issues. I resolved to change completely and to remember that every day of my life. That's why I wake up and immediately check myself as a human being; to know what's happening in the world and where I should be coming from.

MC: When visiting war-torn areas, how frustrating is it to see what is going on and how little you can do sometimes? It's beyond frustrating. But you don't have the right to give up on the chance to make it better because you are in a position where you can change things. I don't know how it's going to happen but I know something is going to break – it feels like a dam about to burst and something is going to have to be rebuilt. We are going to have to rethink the way we approach each other and the way we work together. We need those great, big, strong voices of leadership to come forward. **mc**

'WE NEED THOSE GREAT, BIG, STRONG VOICES OF LEADERSHIP TO COME FORWARD'

STYLING MARYA MALAKPOUR **MAKE-UP** TONI GARAVAGLIA **HAIR** DRU LEE **ASSISTANTS** CAITLIN MYERS, MANUEL PARRA **DRESS** VINTAGE **WATCH** CARTIER SANTOS DEMOISELLE MINI

Does Angelina top your most-admired list? Take our poll at **Marieclaire.co.za**

#MCPOLL



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Happin

Words HELEN BOWNASS
Photographs GABRIELE GALIMBERTI

‘An unexpected hug’

Mayu, 23, from Tokyo, Japan

‘I was 18 when I went to the UK to study English. I spent a lot of time with my Spanish friends, who used to hug me when we said goodbye. At first I was surprised, because we don’t usually hug in Japan, but it made me feel warm, kind and happy. I liked their hugs. I now give out hugs in Japan, because I believe it can give happiness.’

‘The infinite ocean’

Catalina, 32, from Cartagena, Colombia

‘I live near Bogotá, which is full of traffic jams and noise. But when I can, I escape to the sea, 940km away. Being by the water makes me happy. I’ve been to some murky, mysterious seas, surrounded by mangroves; I’ve spent whole days by myself in complete silence looking at the sea. Having a house from which I could see the sea would fill my heart with happiness.

The image of 23-year-old Mayu from Tokyo grinning elatedly and hugging another girl while a train whizzes past, from photographer Gabriele Galimberti’s new project, sums up happiness. It’s a fleeting and personal moment. You don’t know what’s making her smile, but it doesn’t matter, because you can’t help but feel happy when you see it. ‘Happiness is intricately linked to memory,’ says Gabriele, who travelled the world on a mission to translate joy into a series of images, asking subjects to describe what made them happy. ‘It’s bound to something personal that happened in the past. It’s also very difficult to measure, as everyone finds a different way to define happiness.’

The book *How We Are* by psychologist Vincent Deary (R387, Penguin) looks at how we devote great effort to establishing routine in our lives, inevitably getting us stuck in ruts, and why we need to challenge and change that. In *Happiness by Design* (R455, Penguin), Paul Dolan, professor of behavioural science at the London School of Economics, suggests happiness isn’t just how you feel, it’s how you act. Paul believes the secret is to embrace the everyday things, instead of looking towards big end-goals that we think will make us happy. ‘Listen to your real experiences of happiness, rather than getting distracted by other stimuli. The things that make us happy haven’t changed for millennia – spending time with family, being with people we love, being outdoors. But what has begun to shift is the value we place on material things, like big houses and fast cars, which seem less important in our quest for contentment.’

From ancient ruins to a father’s camera, here are people’s happiest moments from around the world.



ess is...

A place of your own, an infinite ocean, a hug from a friend. Photographer GABRIELE GALIMBERTI travelled the globe to capture the very personal pursuit of happiness

'Life's little things'

Sun, 31, from Shanghai, China

'When I was young, happiness was about an object – a piece of new clothing, a crazy make-up item, an ice cream. If I got it, I was happy. Then, suddenly, I started questioning everything around me. There was a void and I had no desires, so I had to start learning who I was. As I grew up, happiness became about doing the things I liked, being successful and gaining pride and respect – exploring the world, being carefree and loved. I realised the ultimate happiness was to cherish what I have here and now – my family, my piano and the little jobs that keep me busy.'



'Seeing the world through my father's lens'

Maria, 20, from Rio de Janeiro, Brazil

'My father introduced me to rock 'n' roll music, and showed me beaches, waterfalls and mountains. He also taught me to be patient and to always be myself. Unfortunately, when I was just nine, he died after a serious epileptic seizure. As I grew up, I felt the need to get to know my father. I wanted to know what he used to like, what he used to do, how he felt. When I was 11, I came across his Nikon FM2 analogue camera and started taking photos. I couldn't stop. I don't yet know how to put my passion into practice. [I love] the sensation I feel when I take photos – you can capture a moment forever.'

'Tales from ancient times'

Danai, 20, from Sounion, Greece

'I am standing at the Temple of Poseidon at Sounion, waiting to see the ship with the white sails carrying Theseus. The myth of King Aegeus, the father of Theseus – who awaited his son's return following his fight with the Minotaur in Crete – is deeply sad and desperate, and it left its mark on me when I heard it as a child. Thinking about how people could have built the beautiful temple in 440BC makes me shiver with excitement. The breeze mixes the ancient times with the present; giving me the strength to continue whatever journey I'm on.'



'Fighting for the win'

Berenice, 19, from Las Vegas, USA

'I was in North Carolina competing for the National Junior Olympics and it was a beautiful experience, getting to see a place I never dreamed of visiting. When I was fighting for the finals I had stopped my opponent twice, giving her two standing eight counts. I ended up getting the highest score at the whole tournament and winning the gold medal. I felt like my passion for boxing was finally being acknowledged, especially when I received recognition from United States senator John Ensign. This moment of happiness has to be one of my greatest accomplishments.'

'My place of childhood fantasy'

Martina, 27, from Monterchi, Italy

'One of the most magical places I've ever seen is an old laboratory I lived near as a little girl. I would spend hours discovering dusty, yellowed books in the study of the chemist who lived there during the second world war. When I entered that tiny room the first time, the light danced with dust specks, and the smell was both repellent and fascinating. It was full of powders and potions, and I wandered through dreaming of wizards, witches and fairies. I went back 15 years later and felt a renewed sense of wonder. For me, the laboratory will always contain sparks of happiness.'



'New discoveries'

Lisa, 25, from Seoul, Republic of Korea

'To the average person, science is pretty boring and dry. But if you scratch the surface, it's one of the most beautiful subjects. I'm teaching biology to undergraduates while also working on my Master's in bioinformatics. Essentially, science is about trying to understand what you see in nature – why the giraffe likes leaves and why the horizon is curved. It's the reason people came up with the microscope, the spectrophotometer and even the Large Hadron Collider. I love science because it's an academic discipline where facts prevail, not emotions. This job makes me feel that I have a purpose, and that is my happiness.'

PHOTOGRAPHS GABRIELE GALIMBERTI. THE 'HAPPINESS IS A WARM GUN' PROJECT BY GABRIELE GALIMBERTI IS SPONSORED BY ILLY COFFEE

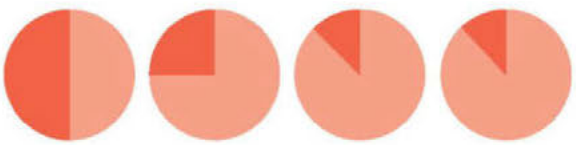


WHAT YOU THINK ABOUT... MONEY

We polled *MC* readers on everything from expenses to investments – here's what's on your mind...

COMPILED BY YETHU MTSHALI **PHOTOGRAPHS** GALLO/GETTY IMAGES, ISTOCK/GETTY IMAGES

WHICH INVESTMENT IS MOST IMPORTANT?



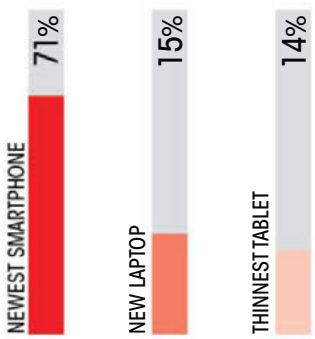
50% *Saving for retirement*

25% *Buying property*

13% *Paying for a degree*

12% *A life-insurance policy*

WHICH TECH UPGRADE IS WORTH BUYING?





IF YOU HAD TO CUT BACK ON EXPENSES, WHAT WOULD BE THE FIRST TO GO?

30% **RETAIL THERAPY**

20% DAILY LATTES

20% EATING OUT

20% SPA VISITS

10% GYM MEMBERSHIP

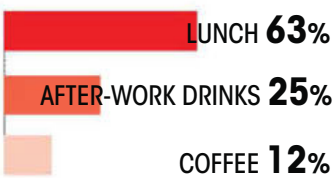


HAVE YOU EVER NEGOTIATED A RAISE?

NO **70%**

YES **30%**

WHAT IS YOUR EVERYDAY SPLURGE?



We want to know what you think about music. Answer the poll at **Marieclaire.co.za**

#MCPOLL



HOW A *MANSERVANT* COULD CHANGE YOUR *LIFE*

What women in San Francisco want – apparently – and will pay top dollar for, is a perfect gentleman who will cater to their every non-sexual whim. Here's what happens when ANN FRIEDMAN hires a manservant

Twitter **@annfriedman**



The doorbell rings, and I see the shadowy outline of a man on the porch. My girlfriends, eight of whom are gathered in the living room, immediately start giggling. 'Good evening, milady,' he says when I open the door. Matthieu is pretty-boy handsome, probably in his mid-20s, with floppy dark hair in the style of a Disney prince. As he steps into the hall, he hands me a fat bouquet of tulips. In his other hand, he's carrying a basket full of tiny green grapes. He's here to serve. And now I have to figure out what the hell to do with him for two hours.

You won't be surprised to learn that Matthieu is not his real name. You may, however, be shocked to learn that he is contractually obligated to keep his clothes on. He's here because I've paid a start-up called ManServants $125 (about R1 400) an hour to have a gentleman cater to my every non-sexual whim. In San Francisco, a city flush with disposable income, women who are grossed out by strippers and escorts can now hire handsome, wholesome entertainment for their hen parties and girls' nights out. I can't decide if this is a triumph of feminism or the most retrograde thing I've ever heard. Matthieu is here so I can figure it out. 'Every ManServant is a bespoke experience, created to unleash your inner lady of leisure,' promises the ManServants website, where I filled out an order form. In the box under 'What do you want your ManServant to do?' I wrote, 'Feed me cheese.' I have never ordered an escort before, but I imagine these are the sorts of questions you're forced to confront when paying for sex. By the time I entered my credit card information, I was feeling both creepy and sceptical. Under the terms and conditions, I agreed to respect the 'character' I created and not ask him questions about his life, and to ensure that we're 'not demeaning'. I also agreed to keep my hands to myself.



So far, it appears that won't be a problem. It's awkward. Matthieu asks if he can get anyone a cocktail, then looks around and notices that we've all filled our own wine glasses. He tries to get the conversation started and at first I can't figure out why he keeps asking us if we've read the latest news about the Ebola outbreak. My friends and I switch the subject but he keeps bringing up bleak headlines about the rising death toll in West Africa. I'm confused: isn't this supposed to be a glamorous fantasy? Then I remember the online order form, on which I'd also written, 'I like men who read the news.'

'Since the beginning, awkwardness has been our number-one thing to combat,' founder Josephine Wai Lin says. The company developed what they call 'signature service': round-the-clock compliments, a toast to the lady of honour, hand massages, flowers. Fundamentally, though, ManServants claims to answer a time-honoured question: What do women want?

'It's not about what men think women want. It's about what women actually want,' says Dalal Khajah, co-founder of ManServants. She, Josephine and ManServants 'director of hustle' Annie Pariseau are all in their mid-20s, beautiful and stylish. They don't seem like the type of women who would have to pay for male attention. They insist, though, that this is a specific type of attention – from men, yes, but also from your girlfriends and from social media. ManServants is a performance. Even among sexually adventurous urban-dwellers, it's *déclassé* to post photos of your friend receiving a lapdance from a male stripper. But a handsome man in a tux refilling her cocktail? Instagram gold.

According to the women behind ManServants, women want to be adored. And they want to be seen being adored. They want a touch of theatricality, and to feel the thrill of male attention without worrying about whether they are sending the wrong signals or will have to shoo him away at the end of the night.

In the box under 'WHAT DO YOU WANT your ManServant to do?' I wrote, **'FEED ME CHEESE'**

Despite its puritan bent, ManServants also represents a long-overdue role reversal. Dalal and Josephine's business is built on women naming their own desires and creating a self-directed world of pseudo-romantic fantasy – and not being ashamed to pay for it. But almost as quickly as they gained popularity, there were cries of sexism. The biggest criticism: if the gender roles were reversed, everyone would find such a service appalling. And it might, but at the very least, the service is confusing. It's not about objectification, but you can build him to your physical specifications. It's not about sex, but they use the words 'sexy' and 'fantasy' an awful lot.

Apparently, though, there's a market for non-sexual male servitude: in just a few months of business, Josephine and Dalal have dispatched manservants to more than 50 events. Some women take their cues from pop culture. They get a lot of requests for specific Ryan Goslings: Ryan Gosling in *Crazy Stupid Love*. Ryan Gosling in *Drive*. Ryan Gosling in *The Notebook*.

If the manservant isn't stripping, what is he doing? The ManServants website offers a few suggestions. For a girls' night out: 'At the club, he'll act as your bodyguard: secure drinks, shoo away douchebags, and drop you off or pick you up curbside.' For a hen do: 'Think elegant butler meets pool boy: he'll pour drinks, serve charcuteries and photograph the entire event.' Manservants aren't allowed to drink or take drugs on the job, no matter how insistent the bride-to-be is that her servant partake. They also cap the service at six hours, send him home at midnight, and train him to deflect inebriated women's late-night advances. 'They're absolutely not allowed to break character,' Josephine says.

After an extensive photo shoot and compliments, we have exhausted our in-home entertainment options. We decide to venture out to a bar. This is where I find man-servitude really comes in handy. Matthieu finds a table large enough for all of us, and I hand him my credit card to order. As we all get tipsier, Matthieu administers another hand massage to a friend. He offers his services as an 'Instagram expert', applying flattering filters and captioning the picture with '#bonestructure'.

Just as we're ready to leave, a tray of champagne glasses arrives at the table. It's unclear whether this is a gift from Matthieu or from the bartender, who seems to be engaging in a casual competition with our manservant to see who can be more attentive to us. I recall my boyfriend's reaction when I told him I would be hiring a manservant: 'But you already have a manservant!' Perhaps the most brilliant side-effect of the start-up is the way it uses male competition to women's advantage. All men seem to want to out-serve the manservant.

I check the time and realise we're 15 minutes over our allotted two hours. The overtime rate is exorbitant. 'OK!' I say. 'We gotta go.' Matthieu assures me it's all right – he won't charge us for the after-hours service. Later, he tells a few of my friends his real name. I won't print it here, though. It's against my code. **mc**

PHOTOGRAPHS GREATSTOCK/TRUNKARCHIVE.COM/GREG LOTUS, REX FEATURES, ISTOCK/GETTY IMAGES, SUPPLIED



WHY ARE WOMEN BEING BULLIED ONLINE?

In our still-patriarchal society it's little wonder that women are more likely to be on the receiving end of online abuse than men. But the faces behind this digital mudslinging are not always what you'd expect… ZANELE KUMALO investigates the murky world of online abuse

NYATSI (MISTRESS), SHACK JOB, SIDE CHICK, ISICHITHA MUZI (HOMEWRECKER), 'THAT WOMAN'...



CLOCKWISE, FROM ABOVE *Kelly Khumalo in court with boyfriend Jub Jub; Kelly with Prosper Mkwaiwa; Senzo Meyiwa; Rebecca Malope singing at Senzo's funeral*

These are just some of the digital scarlet letters that were hurled at South African singer and actor Kelly Khumalo late last year after the death of her boyfriend and father of her daughter, international (and married) soccer hero, Senzo Meyiwa. This was but a drop in the ocean of misogynist comments that were to follow.

Kelly had been dating Senzo for almost two years before he was killed in an alleged botched robbery on 26 October last year. He was gunned down at Kelly's home and reportedly died in her arms. Senzo's wife, Mandisa Meyiwa, told a local newspaper in November that after a few attempted reconciliations during his affair and before his tragic death, Senzo had chosen to be with Kelly. She was unapologetic about the affair and even posted photographs of the pair while they were together.

In the wake of the sportsman's passing, this decision not to hide her love affair with Senzo had far-reaching consequences for Kelly. The country quickly weighed in on the couple's relationship and Kelly faced what newspaper columnist Joonji Mdyogolo referred to as a 'social media stoning'. The online troll network lit up with activity, salivating as the details of his tragic death emerged: 'You should be stoned, you adulterous witch'; 'Kelly Khumalo. You dated Prosper and now he is in a wheelchair. You dated Jub Jub and he is now in jail. You dated Senzo and he got shot.' There were even claims that her vagina was cursed and dangerous. As both wife and girlfriend mourned, the slut-shaming that ensued around Kelly exposed the prevalence of misogyny; and the narrative that regarded the slain sports captain as an untouchable hero and the woman who had taken her dying boyfriend to hospital as the 'adulterous witch'.

It's certainly not the first time a woman in the public eye has been vilified online. In 2012, TV and radio personality Anele Mdoda was fat shamed on Twitter and had to block dozens of her cyber abusers. In 2013, UK journalist and activist Caroline Criado-Perez received menacing tweets – including 'die, you worthless piece of crap' – for the apparently unthinkable crime of campaigning for more women to appear on British bank notes. In August last year, video-game developer Zoe Quinn became the focus of the misogynistic 'protest movement' Gamergate, which launched an internet harassment campaign accusing her of getting positive coverage of a video game she developed because of her affair with a gaming journalist. Even Jennifer Lawrence was slut-shamed online after private nude photos of her were hacked and leaked.

These all-too-common stories expose a gender double standard. Senzo was memorialised in a state-funded service while Kelly (who, it must be said, did not make or break any marriage vows) was subjected to vile public shaming; Zoe Quinn and her female supporters had their private details posted online while male critics of her harassment escaped any related attacks; hardly any male celebrities had their nude photos leaked online. It's nothing new – way back in 2006, American magazine *Pacific Standard* said, 'researchers from the University of Maryland found that accounts with feminine usernames incurred an average of 100 sexually explicit or threatening messages a day.' A 2014 survey by the Pew Research Centre in Washington, DC found that women were more likely to be on the receiving end of sustained online abuse, stalking and threats and that the majority of online slut-shaming or abuse came from men.

But as the issue of online misogyny receives more airtime, what is surprising is that a significant number of trolls are women. One of the two people who pled guilty to the charge of online abuse of Caroline, is a woman. And much of the vitriol hurled at Kelly came from other women. A 2014 study carried out by the University of Sussex found that this is not anomalous. The study analysed 130 000 English tweets sent by Brits over a six-week period and mentioning the words 'slut' and 'whore'. What researchers found is that women are almost as likely as men to use derogatory and threatening words (but men used the word 'rape' more often), and not always in a casual or metaphorical way.

What is it that compels women to turn on other women? American writer Juliette Fretté offers one explanation in a 2012 piece she penned for the Huffington Post, saying that beauty and body image – in the context of 'our persistent inequality to men, and our disproportionate body commodification' – makes women competitive with and jealous of each other. It makes women compete for 'men, friends, jobs, attention, recognition and self-worth' and inspires 'insecure animosity', she posits. This



INSTA-LOVES





VICTIMS OF ONLINE ABUSE



CLOCKWISE, FROM ABOVE
Kelly sharing intimate moments on Instagram; Anele Mdoda, Monica Lewinsky and Caroline Criado-Perez were all trolled and abused online

competition makes successful, intelligent and/or confident women easy targets to other women, and it makes sense that the abuse increases when the target is a high-profile woman. Caroline's female online tormentor justified her abuse by tweeting, 'You're in the public eye, you're on Twitter, then you should expect some sort of abuse'.

According to a 2014 psychology study by Erin Buckels of the University of Manitoba in the US, sadism is a strong motivator when it comes to online trolls in general. The study looked at whether online trolls are characterised by certain personality traits, like Machiavellianism (a willingness to manipulate and deceive others), narcissism, psychopathy and sadism. Sadism came out tops. Certainly, at first glance, online abuse serves no purpose other than the abuser delighting in another's misfortune. This *schadenfreude* could explain why so many people preyed on Kelly while she was grieving the loss of her lover.

American programmer and game developer Kathy Sierra was one of the first prominent women in tech to be bullied online – and to remove herself from the internet as a consequence. Her blog became a target of viscous bullying in 2006 because, she says, 'angry, frustrated haters' couldn't stomach the idea of a woman having an authoritative voice in the male-dominated tech world. She also agrees that high-profile women are most vulnerable. After a lengthy online absence, she explained her abuse to the UK's *New Statesman* last year, saying that there is a certain type of troll who reacts strongly and negatively to high-profile women, out of a desire to correct those who have been 'taken in' by them. She says that if a woman is seen to receive many likes on Facebook or is retweeted, favourited and followed on Twitter, it casts an immediate spotlight on her. What adds fuel to the fire is when that woman is also not afraid to speak her mind or to stand apart from the crowd. This links back to Kelly, who was the third most popular South African person searched for on Google in 2014 and who has 130 000 followers on Twitter. Berated for continuing to perform and make public appearances after Senzo's death, Kelly has responded that she was 'someone' before she met her lover.

There is a CERTAIN TYPE OF TROLL who reacts strongly and negatively to HIGH-PROFILE WOMEN

If we know that misogyny is happening online, that more women than men are on the receiving end of abuse and that some of this abuse is originating from other women, what can we do about it? First, we should be careful of focusing too heavily on female trolls, letting men off the hook. Others have suggested more immediate and practical solutions – better privacy controls and effective ways to block harassers online, for example. Twitter CEO Dick Costolo recently admitted to the company's failure to deal with trolls in an internal memo, saying, 'It's no secret and the rest of the world talks about it every day. We lose core user after core user by not addressing simple trolling issues.' He has promised to deal with the issue. Facebook is also working with the National Network to End Domestic Violence in the US to create better privacy and safety features.

But more is needed than simply sticking a plaster over the wound. We need a deeper change of attitude; an acceptance that women are valid and important members of the online community and that no one deserves to be bullied for their choices. Leading the brigade is an unlikely pioneer – the self-described 'patient zero' of cyberbullying, Monica Lewinsky. After decades of staying out of the public eye, Monica has added her voice to the fight with her first public speech in 13 years, calling for a 'cultural revolution'. 'What we need is a radical change in attitudes – on the internet, mobile platforms and in the society of which they are a part,' she says. She challenged this prevailing attitude with a small act of courage – by joining Twitter with a simple and bold tweet: '#HereWeGo'. We're right behind her. **mc**



PHOTOGRAPHS REUTERS, REX FEATURES, GALLO/GETTY IMAGES



HOLLYWOOD

QUEEN OF THE D-LIST

Think of every internet train wreck and tabloid star in recent years and chances are they're clients of this woman. SANJIV BHATTACHARYA meets Gina Rodriguez

Twitter **@sanjivbee**

IT'S A FRIDAY NIGHT IN JUNE, and on the outskirts of LA, paparazzi are beginning to circle a nondescript apartment building. News has just broken that American footballer Hank Baskett, husband of former *Playboy* Playmate and reality show star Kendra Wilkinson, has been cheating on his wife with a transgender woman named Ava Sabrina London. Soon, Ava's building is swarming with photographers – eight out the front, four to the left and four to the right – all of them chatting and waiting for her to emerge. But one thing the press hasn't counted on is the arrival of celebrity agent Gina Rodriguez, aka the D-List Diva. 'I had a source who gave me the heads-up on the story, so I was already on the phone with Ava when the photographers arrived. She was scared,' says Gina later. 'The paparazzi were pounding on her door… I told her, "Don't open the door, don't say anything. Just pack a bag, we're going to get you out."'

After hanging up, Gina speeds to the apartment block accompanied by her future son-in-law, Colton. The escape unfolds with practised efficiency as he is discreetly buzzed into the building by Ava. Then he sneaks Gina in through the back and leads her up to Ava's unit. Finally, they prepare to sneak Ava out under a blanket. But as they cover her head and lead her to the door, she protests. 'No, wait!' she says, taking the blanket off. 'It's messing up my hair and make-up!' Gina rolls her eyes. 'Sweetie, the whole point is that you don't give these people a picture.' She throws the blanket back over Ava's head and bundles her into her car. As they join the traffic unnoticed, Gina laughs. 'I guess the paparazzi didn't see my number plate: GR Media!'

While the paps might not have identified the 46-year-old woman speeding away with Ava, Gina is becoming an increasingly familiar face in certain – scandal-prone – circles. A former porn actor, she has transformed herself into the go-to manager for D-list celebrities. Her speciality? Helping her 60-odd clients (whose claims to fame are often tenuous) milk their fleeting tabloid notoriety for all it's worth. People



LIFE ON THE FRINGE

FROM TOP *Gina's client list include reality TV personality Tila Tequila; Charlie Sheen's porn-star lover Kacey Jordan; and Lindsay Lohan's battling parents, Michael and Dina Lohan*







BELOW, FROM TOP *Rachel Uchitel, who had an affair with Tiger Woods; 'Hot Mugshot Guy' Jeremy Meeks; 'Tan Mom' Patricia Krentcil;* Teen Mom *star Farrah Abraham*

like Nadya 'Octomom' Suleman, who used IVF to add octuplets to her existing family of six children; Michael and Dina Lohan, the warring parents of Lindsay; *Teen Mom* star Farrah Abraham; and a few Real Housewives. Gina's clientele also includes a raft of kiss-and-tell girlfriends, including would-be New York mayor Anthony Weiner's sexting partner, Sydney Leathers. More recently, she signed Jeremy Meeks, aka 'Hot Mugshot Guy', the felon whose sultry booking photo went viral in June last year. When the story exploded, Jeremy's family reached out to Gina to help monetise the attention he was getting. And now, Gina claims to have set him up with all kinds of bona fide modelling work – just as soon as he can get out of prison. It's clearly a good time to be scraping the bottom of the celebrity barrel.

GR Media is based in a modest beige home in deepest suburbia, way out in Santa Clarita, about a 45-minute drive north of Los Angeles. It's here that Gina lives with her 24-year-old son, Chris, plus pregnant 20-year-old daughter Brandi and her fiancé, Colton, all of whom also work for GR Media.

For her part, Gina – a 1.6m tall, pneumatic brunette – is upfront about the fact that she doesn't actually make anyone famous, she just helps them capitalise on what little fame they have left as their 15 minutes tick down. When she starts working with her clients, it's typically a fraught time – if their fame is just breaking, they might be frightened or overwhelmed, or, conversely, if the phones have stopped ringing, they might be broke and desperate. Either way, they look to her for answers – for rescue, even.

'When they realise that the media aren't interested in their scandal any more, I come in and bring them out in a different light,' Gina says. 'Instead of talking about the old story, I'm like, let's do something else.'

That something else could be as simple as a photo shoot, like the one she arranged for 'Tan Mom', a self-described tanorexic from New Jersey who rose to infamy after allegedly taking her five-year-old to a tanning salon so she could tan herself (charges were later dropped). 'I set her up with some pictures on the beach,' Gina says. 'Oh my God, she was doing cartwheels and jumping in the waves! But it was comical, and it shot her back into the press in a huge way.' A popular GR Media strategy is to put clients in an adult video – something of a staple offering, given Gina's porn connections. Another way back into the spotlight is a 'makeover' – and by 'makeover', Gina means a boatload of plastic surgery. 'I make deals with the doctors and the media,' she says. Then there's the musical route. 'We like to have our clients do songs.' Examples include Sydney, who made a Britney Spears parody titled 'Weinerizer', while Tan Mom recorded a rap called 'It's Tan Mom'.

Gina is under no illusion about what purpose her clients serve, nor is she concerned with rehabilitating their sometimes toxic public images. 'I tell my clients, look, you need to have a sense of humour. You'll never be A-list. You just need to be on Any List.'

There was a time in the 90s when Gina dreamed of making it big in Hollywood herself. She spent her 20s modelling, for *Playboy* and others, with a few *Baywatch* appearances to keep her hopes up. But her dream faded over the next decade as she married twice, quit acting for a job with a cable company, and became the owner of a couple of beauty salons. In 2006, she married third husband Randy Spears, a prolific porn star about a decade her senior – whose career she was, by that stage, managing. However, money was tight, so she decided to do a scene herself. It'd just be her and her husband. No big deal. 'As soon as it came out, people were calling to work with me because Milfs were the new thing.' So she became an adult-video star, making 60 or so movies under the name Demi Delia. She says she retired after a couple of years.

'It wasn't for me,' she says of her former career. 'And the more I did it, the more it bothered me how the younger girls were treated. They get eaten up and spit out really quickly.'

Parts in non-porn movies were what these girls needed, Gina figured, reckoning she could help them transition out of the adult world. And then the Tiger Woods scandal broke, and Gina's fortunes changed forever.

It was March 2010, and news emerged that one of Tiger's girlfriends was Joslyn James, an old friend of Gina's. Within a few weeks, she had flown Joslyn to LA, let her stay over, paid her debts, and hooked her up with high-profile lawyer Gloria Allred. From there, she helped Joslyn land a porn movie deal and a number of splashy publicity stunts.

GINA'S FOUR STEPS TO D-LIST STARDOM

1 BE INVOLVED IN SOME SORT OF SCANDAL

Whether it's a fling with a politician or a high-profile arrest, you need to have hit the headlines off your own bat before Gina will take you on as a client.

2 RECORD A SINGLE

No talent? No problem. Gina's biggest 'hit' is a song about plastic surgery by three clients who have had scores of surgeries to look like Justin Bieber, Jennifer Lawrence and Madonna. 'We got 800 000 hits in a couple of days!'

3 HAVE A 'MAKEOVER'

By 'makeover', read: go under the knife. Sydney Leathers, for example, had $46 000 (about R520 000) of surgery at 'minimal cost'. 'We got her new boobs, lipo, her nose, everything. And we invited TV show *Inside Edition* to cover it.'

4 SHOOT AN ADULT MOVIE

Sydney Leathers made *Weiner And Me*, Tiger Woods mistress Joslyn James made *The 11th Hole*, and even Octomom made a solo masturbation video called *Octomom Home Alone*.

After helping her old friend, Gina says, 'My wheels started turning. I thought, there has to be good money in booking interviews with those girls [who are caught up in tabloid stories].'

Soon, more Tiger Woods girlfriends signed with her, after which the Jesse James/Sandra Bullock scandal broke, and three of his former lovers came on board, too. So she took them on the road, along with Mel Gibson's alleged girlfriend, Violet Kowal, for the 'Girls of Scandal' tour – mostly just appearances at porn conventions. (In 2011, she would add Charlie Sheen's porn-star paramour, Kacey Jordan, to her client roster.)

Fast-forward to today. 'Now, it's all about trannies,' Gina says. 'There's also [transgender woman] Sofie Vissa, who had an affair with Casper Smart, J-Lo's ex. It's the year of the transgender person. Didn't *Time* magazine say that? And I'm right in the middle of it!'

> 'This world is so much fun – it's the other side of Hollywood. **PEOPLE LOVE THE TOP END, BUT THEY ALSO LOVE THE BOTTOM.** And I run the bottom'

For her part, Gina is a jovial character who appears to genuinely dote on her motley crew of clients. 'She might come off as a bit of a hard-ass,' Sydney says, 'but in real life, Gina is a motherly figure. I feel like she really cares. She doesn't judge, she's accepting.'

Often Gina ends up managing not just her clients' careers, but their lives as well. When Octomom faced foreclosure on her house in 2012, Gina helped to negotiate a deal with the bank, move her out, find her a new home, and even arranged for staff to stay over and care for the 14 children while Octomom went to rehab, which Gina also organised.

However, she ended up having to let Octomom go as a client. 'I got too involved,' she says, 'but it's the kids you care about.'

It's ironic, to say the least, that the mother hen who wanted to rescue women from a career in porn should end up encouraging so many to make adult movies for the first time. But, the way Gina sees it, there's a distinction. 'One porno is OK,' she says. 'It's just a publicity stunt. Anyway, you can't make the same money on the second movie. It's really a one-time deal.'

Lately, she's had a taste of fame herself, with an interview here and a profile there. And like her clients, she's looking to exploit it, in the form of a reality show: *D-List Diva*, about the GR Media team, all living and working in the same house. With her train-wreck clients and their salacious tabloid exploits, her show would seem to have all the makings of a hit – albeit in the dumbed-down tabloid market.

'We're pitching it right now,' she says enthusiastically. 'It's so much fun, this world – because this is the other side of Hollywood. People love the top end, with George Clooney and all them, but they also love the bottom. And I run the bottom.' **mc**



FROM TOP *Nadya 'Octomom' Suleman; Sydney Leathers, who got caught up in a Washington sex scandal*

PHOTOGRAPHS NOAH L. SCHÜTZ, ISTOCK/GETTY IMAGES, REX FEATURES



IRAQ'S Most Wanted

The Islamic State is waging a genocidal war on the Yazidi people – kidnapping, raping and killing those who do not submit to its extremist ideals. Iraqi politician Vian Dakhil's efforts to stand in its way have made her a prime target. ABIGAIL HAWORTH accompanies her to the front lines



Woman

The black Land Cruiser carrying Vian Dakhil speeds along a highway in northern Iraq. Inside, the politician presses her cellphone against her ear. 'Speak a little louder if you can,' she pleads, struggling to hear the caller's voice above the riotous traffic. 'Where are you, exactly? How many other girls with you?'

Vian, 43, is one of only two politicians in Iraq's parliament from the country's Yazidi population, an ethnic and religious minority that the extremist organisation Islamic State (Isis) is trying to exterminate. When she hangs up, she explains that her caller was a Yazidi teenager who is currently being held captive by Isis militants. 'She was terrified and whispering because she was using a smuggled cellphone,' Vian says. 'She told me that Isis fighters had pushed her and about 50 other girls into pickup trucks and were transporting them to be sold as slaves or brides. She was crying, "Vian, please rescue us, please rescue us."'

Few people outside the region had heard of the estimated 700 000-strong Yazidi group until Isis attacked their ancestral territory around Mount Sinjar in the country's northwest last August, massacring thousands and taking thousands more prisoner. Vian raised the alarm, making impassioned speeches in Iraq's parliament and in Europe calling for global action to alleviate her people's plight. Her efforts have made her a hero to her fellow Yazidis. They have also catapulted her to the top of the Isis death list. 'I have received warnings from government intelligence that I am Isis's most-wanted woman,' Vian had told me earlier. 'If they capture me, they will execute me at once.'

Isis, a ruthless militia of radical Sunni Muslims estimated by Iraqi officials to number around 200 000, made global headlines last summer with the videotaped beheadings of American journalists James Foley and Steven Sotloff. But its reign of destruction in Iraq and neighbouring Syria began in earnest months before. Around 1.9 million Iraqis lost their homes as the jihadists captured territory including Iraq's second-largest city of Mosul, only 80km from Vian's family home in the capital of Iraqi Kurdistan, Erbil. The group has risen so fast that Ali Khedery, a former adviser to the US embassy in Baghdad, recently described it as 'the al-Qaida that Osama bin Laden only dreamed of building'. The phone call Vian takes in the car is one of several distraught pleas for help she receives on this late October morning as she tours her besieged constituency. Since August, Isis has kidnapped an estimated 5 000 to 7 000 Yazidi women, according to UN researchers. Treated as *malak yamiin* (spoils of war or slaves), the women have been subjected to multiple rapes, torture and forced marriages. 'Isis has also set up slave markets to sell girls as young as 12, and they have taken some to Syria as "rewards" for Isis fighters there,' says Vian. She has learned from phone calls with captives that at least 70 young Yazidi women have committed suicide, often by hanging themselves with their headscarves. 'In this situation, I can't think about the threats against my own life,' she says. 'I have to keep doing everything I can to stop these barbaric crimes.'

The slim, auburn-haired politician has circulated her private numbers so that any abducted women with hidden phones can reach her directly. When she speaks to them, she tries to determine their situation and location. Then she relays the details to the Iraqi-Kurdish regional government's armed forces, the Peshmerga, stationed at

OPPOSITE
Yazidi refugees at a camp on the Turkey-Iraq border look on as Vian Dakhil departs after delivering supplies

checkpoints outside Isis-held towns and villages. She also alerts a small network of underground activists who are working inside Isis territory to help the Yazidis escape. 'It's very frustrating. Right now, we can't take direct action to rescue all the prisoners at once. We can only try to free them on a case-by-case basis,' she says. To date, around 200 Yazidi girls and women have managed to escape their captors and reach safety, either on their own or with assistance from Vian and others.

The ethnic-Kurd Yazidis are not the only people Isis is targeting. Others, including Christian and Shia communities, are also facing persecution. But jihadists reserve a special animosity towards Yazidis because they regard their ancient religion, partly derived from Zoroastrianism, as 'devil worship.' To Isis, they are *kuffar* (nonbelievers) who must undergo conversion to radical Islam or be killed. Educated, professional women of all faiths who defy the extremists' dogma that women have no place in public life are also singled out. News reports from the region document that Isis has executed numerous female doctors, teachers, journalists and lawyers in the past year.

Such danger threatens Vian's own family. Four of her five sisters are doctors, and the other is a pharmacist. (Her father is also a doctor, along with two of her brothers.) 'I have a large family, and we are very close,' says the politician, who grew up in her parents' spacious house in an affluent part of Erbil. Resisting the family tradition of going into medicine, she lectured in Arabic studies at Salahaddin University after graduating with a degree in that subject, and then became an adviser to various political parties on Yazidi issues. 'I was always passionate about the rights of minorities like ours,' she says. 'It seemed a natural step to try for parliament.' Of the 328 members of Iraq's parliament, Vian is one of two Yazidi representatives; the other is a man. She was first elected to office in 2010, and was re-elected for another four-year term last April. The job leaves little time for a personal life. Vian, who is unmarried, still lives with her parents and various siblings in Erbil when she is not attending parliament in Baghdad. As we drive along, she tries to recall the last time she had a whole day off, free from meetings and endless calls on her two cellphones. 'No, I can't remember,' she says, adding that she is 'married to my work'. Most Iraqis marry by their early 20s, but, partly owing to the Yazidis' rigid caste-based system, only four of Vian's eight siblings have found spouses so far. 'We are not allowed to marry outside the religion, and we must choose someone from our own caste,' says Vian. It can be difficult to find a match, especially for a high-achieving woman in the mostly agricultural community. 'For me, it's impossible to find someone at the same level,' she says with a smile that's hard to read.

Her dedication has almost cost her her life once already in recent months. Last August, when Isis forces stormed Yazidi villages around the 100km-long foothills of Mount Sinjar, thousands of Yazidis fled up the barren slopes and became stranded. Vian took part in a perilous helicopter mission to rescue some of them. 'There was a riot as people tried to climb aboard,' she says. 'Our helicopter was overloaded and crashed into a rock.' The pilot was killed. Vian broke her leg and some ribs. When a second helicopter arrived to airlift her to hospital, Isis fighters tried to shoot it down as it departed. [The US worked with Kurdish fighters to break the siege.]

The stories of Yazidis captured by Isis make it clear why Vian is so committed to helping them. In the town of Ba'adra, 90 minutes outside Erbil, I visit a young mother who escaped the extremists only six days earlier and has been reunited with her uncle. Nofa Esmain, 19, fled on foot for four days and three nights through Isis-held territory with her one-year-old son, Toran, and seven other women. 'We believed we would die if we didn't try to escape,' she says. During her hazardous journey, she had no food, only a little milk for Toran, and almost no sleep.

Nofa was abducted by Isis in August last year, along with all the other women under 40 in her village of Kocho, south of Mount Sinjar. Her father and her 25-year-old husband, Rezlan, were among as many as 400 village men and boys lined up and shot by Isis soldiers when they attacked. 'Then they separated the women into young and old,' she says. 'I don't know what happened to my mother.' UN sources also reported young boys aged 7 to 11 being taken away to be indoctrinated and trained as Isis fighters.

Together with about 360 women from Kocho, Nofa was taken to the Isis-held town of Tal Afar. 'I was put in a house with 20 other women and children. Every house around us was full of captured Yazidi women,' she says. They were given only rotten food to eat. Isis fighters visited every day to choose women to rape

At least 70 young Yazidi women have **COMMITTED SUICIDE,** often by hanging themselves **WITH THEIR HEADSCARVES**





THIS PAGE *Two Yazidi sisters who escaped Isis militants stand on the roof of a school where their family has taken refuge since fleeing their home in Sinjar, Iraq, in August*
OPPOSITE *Refugees wait to greet Vian Dakhil at the Khanke refugee camp, home to some 65 000 people*

or sell. Nofa says she tried to avoid being selected by 'being very quiet,' but it didn't work. 'They did everything to us, and if we fought back, they beat us with electric cables or threw gasoline into our eyes.' The taboo in Yazidi culture means she will not say the word 'rape' outright.

Last October, Isis published an article confirming its sexual exploitation of Yazidi women in its propaganda magazine, *Dabiq*. 'One should remember that enslaving families of the *kuffar* and taking their women as concubines is a firmly established aspect of *sharia* [Islamic] law,' the article said. It then boasted about dividing Yazidi women and children among Isis fighters to sell as war booty. A YouTube video purporting to show Isis soldiers discussing sex slaves has also surfaced. 'Today is a female sex-slave market day', says one fighter in the clip. 'With Allah's permission, each will get a share.' Later, the same man says he will 'check the girl's teeth' before he buys. 'What would I want her for if she has no teeth?'

The women in Nofa's house managed to smuggle in two cellphones, their own lifelines. 'We hid them inside baby formula or buried them outside, and asked relatives to top up credit,' she says. Nofa made the decision to risk her life by fleeing after Isis soldiers discovered the hidden cellphones of two women from another house. 'They tied the women to the back of a pickup truck and dragged them through the streets until they were covered in blood.' Somehow, both women survived. Although she is now free, the teenager believes she has no future: 'My only purpose is to take care of my son. I have nothing else.'

Today is the first day since the helicopter crash that Vian has ventured out on a long trip to visit some of the 450 000 Yazidis displaced from the Mount Sinjar region. They are now crammed into schools, abandoned buildings and refugee camps inside Peshmerga-controlled areas of Iraqi Kurdistan. Her leg still has not fully healed, and she needs crutches to walk. 'I am nervous about their reaction,' she says on the journey. 'They have lost everything. What if they are angry that politicians like me are not doing enough for them?'

The first stop is a dilapidated shell of a building near the Kurdish city of Duhok, two hours north of Erbil, where 14 families have taken refuge. Outside, drying laundry is draped over piles of dead twigs; inside, women in white headscarves are preparing a lunch of eggs and rice on a dirt floor. When Vian's car pulls up, accompanied by two other vehicles carrying her five burly security men, the inhabitants at first stare in shock. They did not know she was coming – as a safeguard, Vian never reveals her schedule, not even to her own family – and they can't believe it's her.



THIS PAGE *Vian (centre) with her sisters Jwan (left) and Deelan, walks with a cane after having been injured in a helicopter crash while rescuing Yazidi refugees*

Then they all surge forward, rushing to kiss her cheeks while her staff hand out care packages of clothes and toiletries. She translates for me as the refugees pour out their stories of unimaginable loss: 'This woman with a four-month-old baby watched Isis fighters shoot her husband and elderly parents. This mother's two daughters, ages 13 and 15, were sold as sex slaves. This man's entire family has been killed.' She asks him how many relatives died. 'Twenty-two,' he replies, bursting into tears.

Despite their grief, some refugees seem just as concerned about Vian. They ask her about her broken leg and whether she's eating properly. (She's not, at least not today: the only food she eats in 14 hours is half of a melted chocolate bar.) Shortly before her accident, Vian collapsed in Iraq's parliament after delivering an emotional speech beseeching the government to act to prevent genocide against Yazidis. Her passion played a role in prompting Iraqi and US forces to launch airdrops of humanitarian supplies, as well as to begin air strikes against Isis positions.

US-led coalition air strikes have helped keep Isis from further military gains in the region so far. But the situation for the Yazidis remains precarious, says Vian. Even if Isis is defeated, the crisis has shattered decades of fragile peaceful coexistence among the competing religions and ethnic interests in Iraq's north. There are fears that the Yazidis will never get their homes back. 'As a minority, we have to fight hard to survive,' says Vian.

Vian's passion played a role in **PROMPTING IRAQI AND US FORCES** to launch airdrops of **HUMANITARIAN SUPPLIES**

Helping the young women who have escaped Isis is another matter of urgency. At Vian's home in Erbil the previous evening, Vian's sister Jwan Dakhil talked about the deep stigma attached to sexual assault in Yazidi culture. Jwan, 27, is a gynaecologist at the region's largest maternity hospital. 'In theory, there is no problem in our community accepting women who've been raped,' she says. 'They are not shamed, they are helped.' But there is a fear, she adds, that not everyone has the ability to be understanding or tolerant in practice. 'We have a strict custom that women must be virgins when they marry. This could make it very difficult for some of the younger girls who have been repeatedly violated by Isis.'

The Yazidi High Religious Council, the sect's highest ruling body, issued a statement last November forbidding anyone to reject women who had been abducted. 'They must be welcomed

PHOTOGRAPHS ANDREW QUILTY

back with open arms because of their sacrifice,' the statement said. Still, a more pressing issue for abducted Yazidi women who manage to return, Jwan says, is recovering from the trauma of rape and torture. 'The last thing many girls and women will care about is finding husbands,' she says. 'They need proper medical assistance and prolonged psychological care.' In an effort to address this, Yazidi leaders and the Kurdistan Regional Government recently set up a joint task force and safe house in Duhok dedicated to the welfare of women who have escaped Isis. 'Although some boys and men have been abducted, too, we set it up for women only because they are being systematically enslaved. Their needs are different,' says Khidher Domle, an expert on Iraq's minorities and a key member of the task force.

The location of the safe house – actually a large, modern apartment in the city – is kept secret so the women can recover in private. 'As soon as a woman gets away from Isis, we bring her here,' says Khidher, who gives me a rare invitation to go inside. 'We get her treated by female doctors and provide trauma counselling.' He says encouraging women to talk is an 'extremely difficult and delicate matter'. Their powerful first instinct is to deny they were raped. 'Many say they resisted the Isis fighters, but we know from the medical examinations of more than 150 escaped women that they have all been subjected to horrifying sexual abuse.' A number of girls have returned pregnant, he says. The task force arranges abortions for those who request them.

The safe house is the first stage in a long process of healing for escapees, but it's a vital one. The women are facing intense grief as well as physical trauma. Aisha, a 14-year-old who fled her Isis captor only four days before I meet her, says she can't face living in a refugee camp just yet. 'My parents and four sisters and one brother are all still missing,' she says. 'It would be difficult for me to be around other families.'

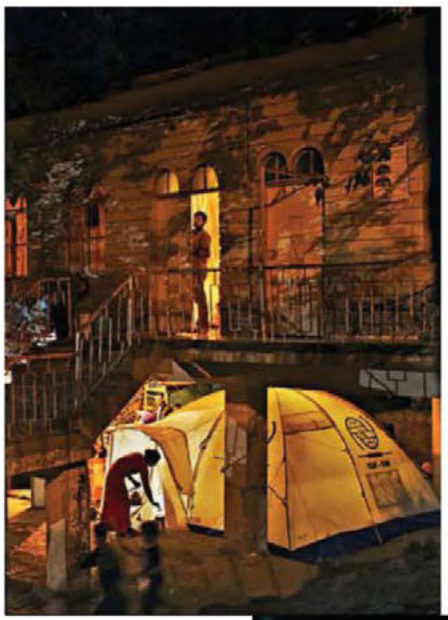
Aisha, who has always dreamed of being a maths teacher, was one of an estimated 350 teenage girls who were taken over the border into Syria to be presented as 'gifts' to fighters there. When the Syrians moved on to a new battle, she was brought back to Mosul and sold to an Isis commander. 'He bought seven girls at the market, including me, and kept us all in his house for himself,' she says. She escaped with four other girls when the man forgot to padlock them inside. 'We ran away on the spot.'

Khidher says the task force is working with the Kurdish authorities to try to save all the Yazidi women. Although he can't discuss specifics, he believes it could become easier to implement rescue plans as Isis fighters lower their guard around the women, get called into battle, or simply get bored. 'Whatever happens, it is not enough to rely on chance that women will successfully escape,' he says. 'We need to do much more.'

Vian agrees. The last visit of her day is to Khanke refugee camp outside Duhok. The sprawling camp is now home to 65 000 people and the numbers are growing daily. 'Every one of these families has close relatives who are missing, mostly young women and children,' she says. 'It is impossible to rest when so many are still out there.' As hard as she works, however, Vian insists she's not a one-woman saviour: 'My job is to tell the world about our plight and persuade people who are far more powerful than me to take effective action. I can't do it alone.'

She's right, but she also underestimates herself. What makes her so popular, and so dangerous in the eyes of the Islamic State, is that she is the Yazidis' greatest symbol of hope – the very thing the jihadists have tried to extinguish.

Vian's reception at Khanke camp is the most overwhelming of the day. Hundreds of refugees mob her car and start up a deafening chant of 'Vian! Vian!' It's a moving sound as it rises above the bleak sea of plastic tents. It's even more moving when you know what her first name means in Kurdish: love. **mc**





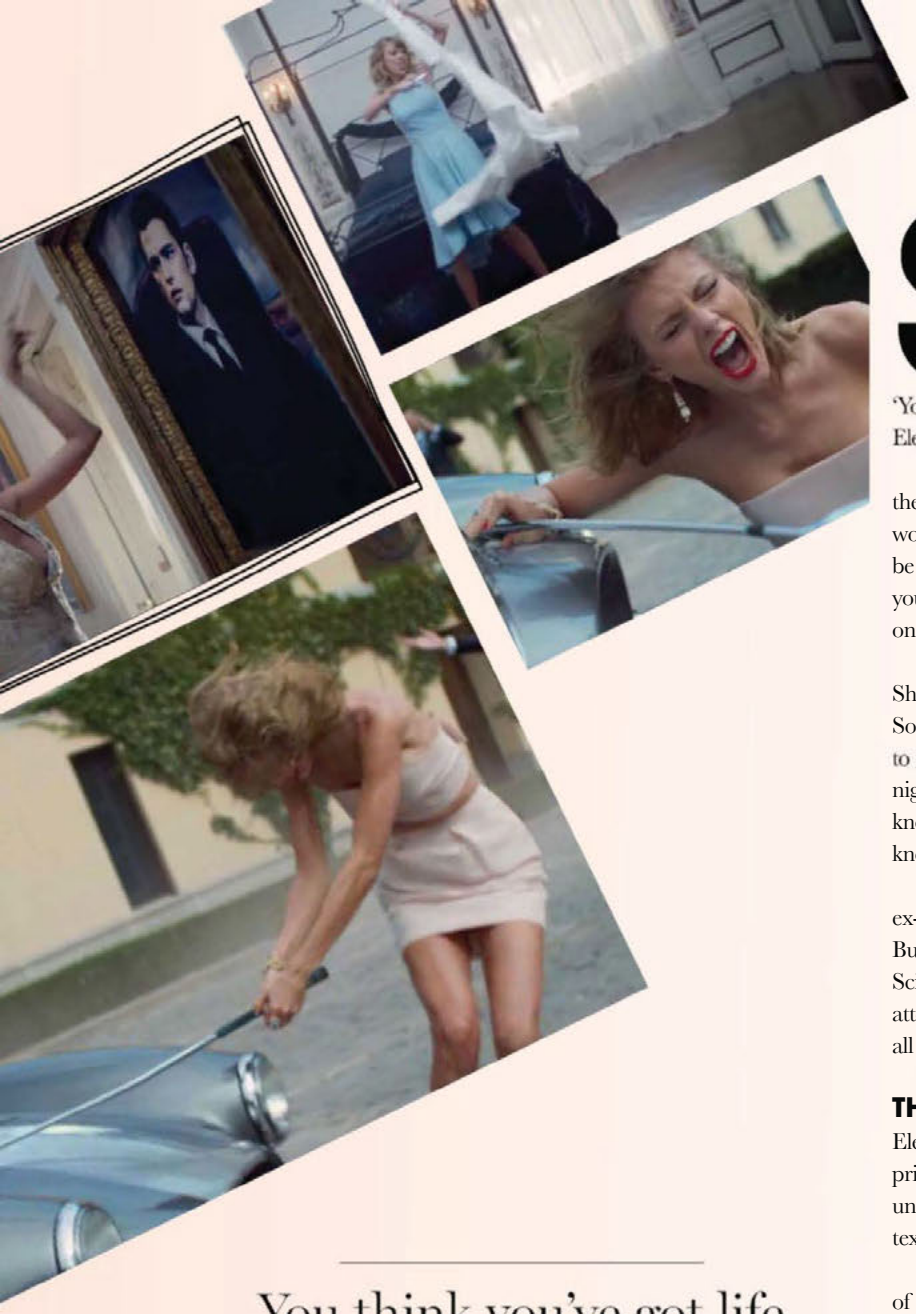
LEFT *A tent in Lalish, a village in Iraqi Kurdistan considered the spiritual centre of the Yazidi community, where some 400 refugee families have taken up residence*
BELOW *Qasem Elyas Baker holds identification cards of his two teen daughters, who were abducted by Isis militants in August*

WHY DO BREAKUPS MAKE YOU CRAZY?

WTF?



Words ARIANNE COHEN



She had been sitting in the basketball arena for an hour when Elena, a 30-year-old pharmaceutical rep, tried her boyfriend's cell for the 12th time. They hadn't spoken in days, but his job as a doctor kept him busy. She dialled again and got a recorded voice: 'You have reached a number that has been disconnected.' Elena's face flushed with fury. She'd been dumped.

Elena stormed out of the arena and careened down the road to his house, where she leaned on the horn. 'I was working off emotion,' she says. 'I was thinking, I'm not gonna be ignored! After all we've been through together, how dare you! I just felt so powerless.' His lights were on. She pounded on the front door, to no avail.

Her car was bumper-to-bumper with his in the driveway. She slammed on the accelerator, pushing his car into a tree. Soon a police car pulled up behind her. Elena tried to explain to the cops that until recently, she'd seen her boyfriend five nights a week. They'd been together for a year. The police knocked on his door and spent a few minutes inside. 'I don't know what he said, but they didn't arrest me,' says Elena.

This outburst might seem like the clichéd beginnings of ex-girlfriend legend; the classic trope of a woman scorned. But, in fact, neurochemistry can explain Elena's actions. Scientists and psychologists are finally giving heartbreak the attention it deserves, and what they're finding out can help us all take lost love a little less personally.

THE RELATIONSHIP

Elena had been elated when she first met the doctor a year prior. 'He came over to my house that night and didn't leave until 4am,' she says. 'From then on, it was constant calling, texting, and seeing each other.'

All that time together lit up Elena's brain with a raft of chemical activity biologically designed to bond the new couple, says neuroscientist Larry Young, author of *The Chemistry Between Us* (R318, Penguin Putnam). Each interaction released oxytocin in her brain, the neurohormone of sex and social connection, and dopamine, associated with rewards. 'These spurts of oxytocin and dopamine form connections between the face and smell of your partner and the brain's reward system,' says Larry – meaning no matter your gender, the brain sees your partner, and the attention you're receiving from them, as a drug. Five dates turned into 15, and Elena was hooked. For a year, her brain hummed along happily in a cycle of anticipation and reward – until the doctor abruptly disappeared.

THE BREAKUP

Without the doctor, there was no relationship, and 'any barrier to the relationship stimulates the dopamine system more,' says Helen Fisher, a biological anthropologist at Rutgers University in the US. 'So you're more in love and trying to win back your former partner.'

You think you've got life handled until you hear those two special words – 'It's over' – and you become a disconsolate rage machine. What's going on? Turns out, it's really not just you. It's your brain chemistry

Twitter **@ArianneCohen**

Helen has found that the brains of people who've been recently dumped are 'active in regions linked with profound addictions, like nicotine or cocaine,' and quite literally undergoing withdrawal from the drug that was the partner and the love they offered. This explains the uncontrollably obsessive feelings so many people experience after being left behind. There's an evolutionary reason behind it: it's nature's way of increasing mating success. If the brain simply let partners walk away, the human race would have failed aeons ago. 'The brain is designed to try to win this person back,' says Helen. 'You get angry, say you're never going to talk to them again, and 10 minutes later, you're back.'

Elena chalks up her bad behaviour to latent issues from a previous relationship. Psychologists say that not working through previous nasty breakups, as well as any history of childhood abandonment, predisposes you to overreact to romantic rejection. Some neuroscientists scoff at this notion, as the brain regions active during a breakup are ancient and primal. 'These feelings – the despair, the fury, the craving – are operating well below the cortex (where childhood memories are processed)', says Helen. Psychologists counter that your previous experiences propel your reactions, like a fuel tank.

THE AFTERMATH

Anyone who's been dumped can attest to the deep sting of that first moment of rejection. But the brain becomes truly deprived of oxytocin and dopamine during the weeks that follow a breakup. When publicist Karen Ahaesy asked her boyfriend of three-and-a-half years about their future, he said, 'We need to take some time apart.' Much to her surprise, that meant that he was moving out… the very next day.

Weeks later, she was still crying, she says. 'I'd be talking to a friend about her life, and tears would just well up. I'd say, "I don't know what's happening to me."' This is a telltale sign of a brain barren of oxytocin. Her brain was used to oxytocin spurts from every hug, email and laugh from her ex-boyfriend. Without those rewards, the levels plummeted. Sensing distress, her body produced floods of a stress hormone, CRF (corticotropin-releasing factor), which triggers the adrenal glands to produce cortisol, suppressing her appetite, memory and immune system. This was why doing anything except binge-watching reruns of her favourite series seemed impossible. 'I was immobile for a month,' says Karen. 'Everything seemed meaningless.'

Not all breakups are this horrible, of course. How much your partner supports you emotionally and practically, and your future expectations for your life together, directly affects your reaction. Perhaps things might have been different for Karen and Elena if they'd had more time to prepare. Extreme breakup behaviour often originates with those who are caught entirely off guard. And 'out-of-the-blue affects you differently at different ages,' says Jeffry Simpson, a psychology professor at the University of Minnesota in the US. 'The stakes are higher as you age because many people are looking to have a long-term relationship, so it's a blow to your vision of your future.'

People who are depressed or who have low self-esteem tend to take breakups much harder, even if they're doing the breaking up, says Jeffry. But Karen had no mental health history, and in the weeks after the breakup, she physically hurt. 'I had a painful knot in my stomach at all times and was constantly out of breath,' she says. This phenomenon – feeling actual pain post-breakup – is common; after studying functional MRI scans (which provide images of brain activity) of 15 dumpees, Helen found heavy activity in regions associated with physical discomfort.

THE RECOVERY

Three years ago, Rachel Sugarman, a 33-year-old teacher, left her husband. At first, she was relieved, but then she felt helpless, with bouts of unexplained crying.

Rachel's doctor prescribed a low-dose antidepressant that buoyed her into replacing all those daily little dopamine and oxytocin spurts that her husband used to provide. But she made one major misstep, say experts: the post-breakup hookup. 'It wasn't a clear severing of ties,' she says. 'After our first court appearance for our divorce, we went home together.' A breakup is about withdrawing from your ex, and how long it takes the brain to rewire can vary from weeks to many years. (A safe guess for a serious relationship is two years.) 'Since love is an addiction, you have to treat it as such,' says Helen. 'If you were trying to quit alcohol, would you leave tequila around? The longer you're away from the partner, the more that deep attachment decreases.' Helen encourages cordiality, not friendship, toward exes. 'Don't call or email. Hide the mementos. Just stay away from your drug of choice.'

And, of course, there's the greatest healer of all: time. 'I'm three months into the best relationship of my life, and I've never been happier,' says Rachel. 'I have a hard time remembering why I was so sad.' **mc**

FOUR STEPS *to getting your breakup brain back on track*

STEP 1: *How bad is it?*
Are you sad but able to keep your regular schedule? (World, gym, etc?) YES > You've got run-of-the-mill breakup symptoms
NO > Seek help.

STEP 2: *Re-engage your oxytocin system*
Relieve the chemical imbalance by spending time with friends, getting massages, laughing, hugging, exercising, having sex (if you're ready), walking and deep breathing.

STEP 3: *Get back to you*
What did your relationship prevent you from engaging in that you loved? Reading novels? Watching rom-coms? Whatever it is – just do it.

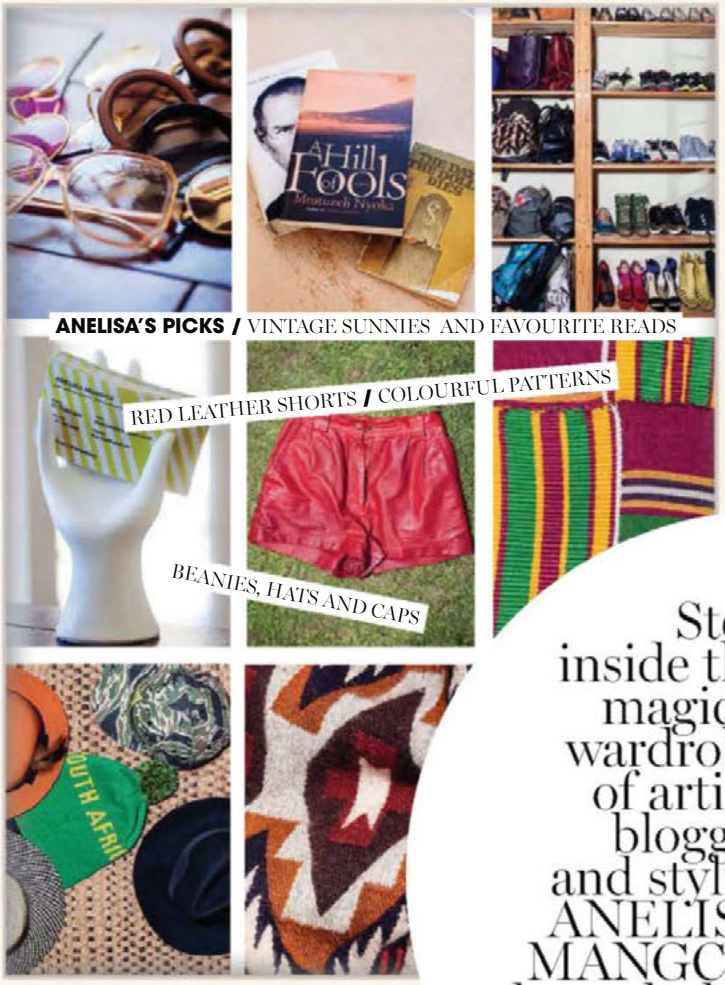
STEP 4: Repeat steps two and three. Sorry, but it really does just take time.

BONUS TIP: POP A PAIN PILL
Biological anthropologist Helen Fisher suggests having a recommended dose of paracetamol to soothe the physical pain of a breakup.

Find more essential breakup survival advice at **Marieclaire.co.za**

#MCDEBATE

WORDS ALEX NAGEL **PRODUCTION** JANA HEYNS, SARAH KOOPMAN **PHOTOGRAPHS** FRANK ELLIS **PHOTOGRAPHER'S ASSISTANT** BRIAN VILJOEN **HAIR AND MAKE-UP** LEANDE KLEINHANS



ANELISA'S PICKS / VINTAGE SUNNIES AND FAVOURITE READS

RED LEATHER SHORTS / COLOURFUL PATTERNS

BEANIES, HATS AND CAPS

Step inside the magical wardrobe of artist, blogger and stylist ANELISA MANGCU, where clothes always tell a story

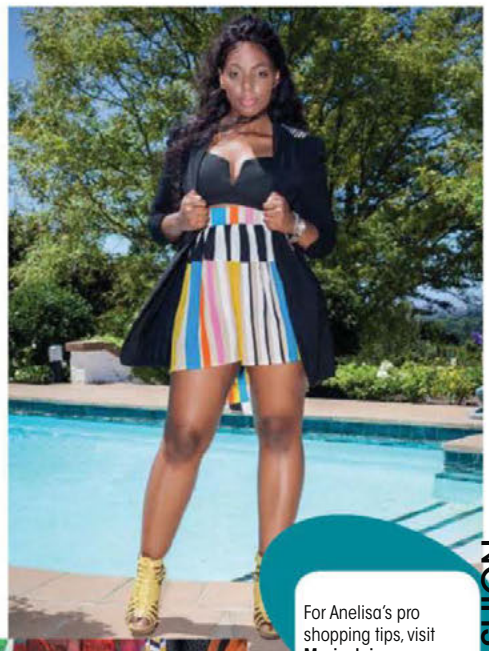
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HER STYLE

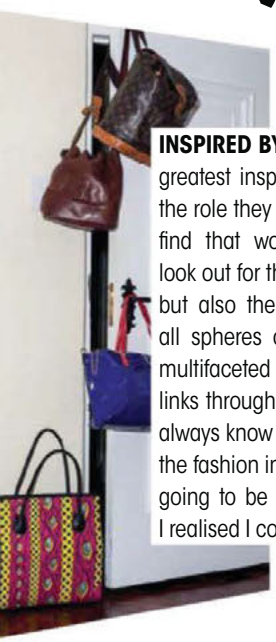
SIMPLE STYLING / 'I style based on what clients feel comfortable in and what suits their body, inspired by their lifestyle and personality,' Anelisa says about her approach to styling. 'I am a visual communicator and I take the conversations I have with my clients in order to learn something new and express those elements about them.'

VIBRANT AND VERSATILE / Anelisa says our street-style scene is vibrant, and she loves local design and the unique personality of South African fashion – especially the way it celebrates diversity. 'South African fashion is versatile and lively and there is an effortlessness in our approach to how we engage with fashion and styling.'



For Anelisa's pro shopping tips, visit **Marieclaire.co.za**

#MCFASHION



INSPIRED BY WOMEN / Anelisa's greatest inspiration is women and the role they play in society. 'I often find that women do not merely look out for their personal interests, but also the interest of others in all spheres of life,' she says. This multifaceted approach to life also links through to her career. 'I didn't always know I was going to work in the fashion industry. I thought I was going to be a full-time artist, until I realised I could do it all.'

OPPOSITES COLLIDE / Giving tomboy style her own twist, Anelisa's look is easy-going, a little edgy and cool. 'I love my red leather shorts; they are my absolute favourite item,' she says. Add a camo jacket or a faux-fur piece and one of her many pairs of sneakers and she's good to go.

UP NEXT / 'I don't know what the future looks like – and I don't really want to. Where is the fun in that? I think the best way to learn is to be unafraid of stumbling and to pave your own path.'





@AnelisaMangcu @anelisamangcu

SECRETS *of the* SEXUAL MIND

Our brains fall into one of three sex types – visual, aural or kinetic. REBECCA NEWMAN reveals the erotic triggers behind your turn-ons

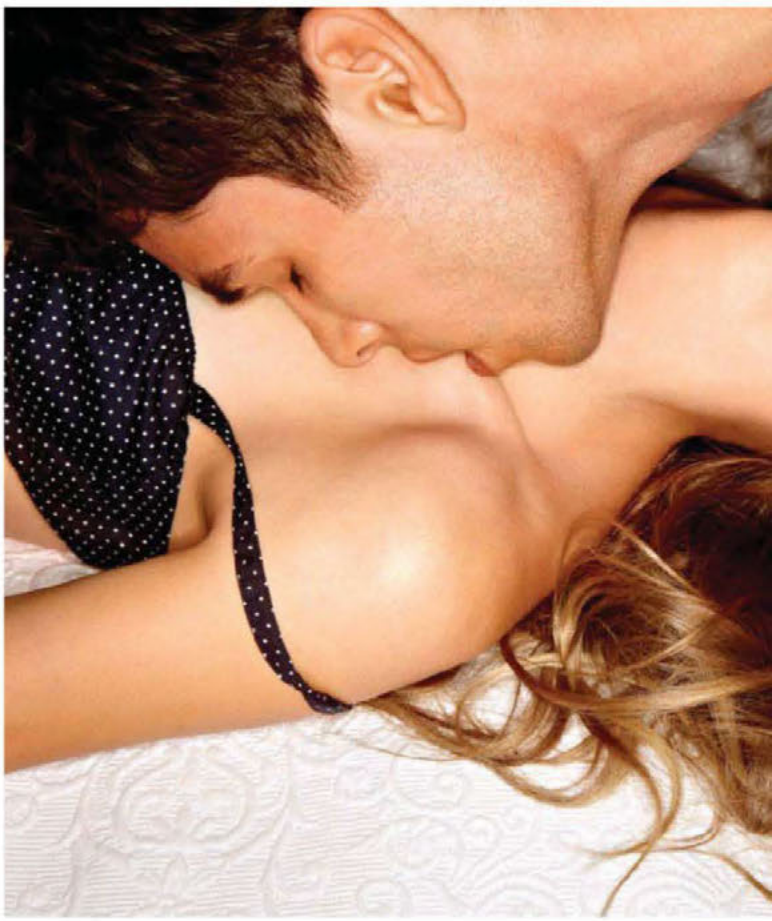
Twitter **@rebeccaxnewman**

What turns you on? Or rather, what turns you on the most? Is it the sight of your lover lying beneath you? Would it be the sound of their voice in your ear, telling you how beautiful they find you and exactly what they plan to do to you, detail by detail? Or perhaps you go to a place where your body is flooded with sensation; that point when your eyes are shut, when you and your partner are tangled together where everything is purely physical bliss. With any luck, it will be all three. But, more likely, one of these will speak to you most strongly. 'People can generally be divided into three sexual types,' says sex and relationship coach Elena Angel. 'The visual, in which you are stimulated by seeing things; the aural, where you want to hear things – both for the meaning of the words, but also the tone and timbre with which they are spoken; and the kinetic, where it's all about the variety and quality of touch.' Taking time to recognise which type you are empowers you – and your partner – to maximise your sexual experience.

'For me, it's watching his body,' my friend Sally, a 29-year-old film producer, confesses over coffee. 'I love the way he looks naked. It drives me crazy when he's on top and I can see his back reflected in our wardrobe mirrors.' Women like Sally, who are most strongly turned on by the visual, will already be aware of it. 'I even like to see my own body when I'm wearing great underwear,' Sally says. 'I like to observe our bodies coming together, to revel in the way we move.'

If you are a visual type, the scene you are in matters significantly to you. You will be more turned on with light – or, even better, candlelight – to see things by. Your levels of arousal may equally be affected by the way a room is laid out: untidiness may distract you from orgasm. But similarly, perfect sheets, rose petals scattered around, the view of your lover kissing your stomach, or their wrists bound in leather cuffs, are visual cues that can be tremendously powerful. 'A visual person will be looking to read her lover, too,' Elena says, 'watching for signs that they are aroused. So if she is with a person who internalises these things, she may not be as turned on. She will want eye contact, and to make the most of different positions because of the variety of ways she can watch their bodies interacting.'

The auditory type of woman can be far more difficult for the partner to read. 'For her, sex is about seduction with words and sound,' says Elena. 'She will want to hear erotic words and to listen to their intonation, keenly aware of whether they are said in a loving,



romantic or urgent fashion. She will want to hear that her partner is enjoying the experience, which may be uncomfortable for those who find it difficult to express themselves in bed.'

If your partner is not terribly good at vocalising his or her thoughts in a sexual situation, start gently by encouraging them to articulate what they're doing, or how fantastic they think you look. Ben, 32, an author, is one such reserved character. 'I used to find the idea of saying anything in bed, or during foreplay, terrifying. I imagined you had to come up with some kind of pseudo-porn,' he says. Eventually he realised it wasn't nearly that complicated. 'It's as much the sound of my voice that my girlfriend likes as what I am saying. I would tell her how, at work that day, my mind had wandered to how sexy I find her shoulders and back.' As well as the voice, other sounds also play a part. Noises outside the bedroom can be distracting. Equally, putting on some great music can make a real difference, or playing with toys that make suggestive sounds: think the whip of a cane through the air, or the clink of a chain that will be laid cold across your body. On a more subtle note, the sound of your partner's moans or your own gasps can be highly charged.

If, however, you tend to notice textures – if you play with your hair and love a massage – you are most likely to be kinetic. In bed, you often close your eyes, losing yourself to the sensation. 'A great thing for this type is to play with different qualities of touch – textures such as silk or leather, or hot and cold temperatures. They would also enjoy stimulation all over the body, beyond the usual erogenous zones.' So your lover will want to think in terms of bringing the whole of your body to a point of high arousal – every part of you until you are overwhelmed with the sensation.

'Knowledge of what sexual type you are gives you greater control over your sexuality,' says psychologist Dr Sandra Wheatley. 'Everybody will have a preference and be drawn to some things over others. It's similar to the way some people are more sensitive to music and others to paintings: it isn't a choice for you, it's just how it is. An awareness of what turns you on can enable you to relax and be comfortable in your own skin.'

It is in this place, this zone where you abandon yourself to stimulation by someone who truly understands your particular buttons, that you may find yourself tipping into a deeper kind of climax. 'Providing you are in an open and welcoming frame of mind, if you are deeply and tenderly aroused, you may find you reach a kind of pre-dreamlike state. You are conscious, but not conscious, not controlling your body, not dictating your arousal or your climax.'

Once you've identified your stimulus, this isn't to say that you should focus solely on satisfying your type. As Elena says, 'You want to develop the other sides of your sexual mind. For example, a kinetic woman might try to keep her eyes open. You never want to use your type to limit yourself – more to highlight certain avenues that will repay exploration.'

Of course, in your relationship there are two sexual types to consider – your lovemaking will be shaped by the needs and desires of your partner as well as your own and, crucially, the compatibility of your types. 'The great news is that your predominant sexual type is not wholly exclusive,' Sandra says. 'You might be 80% kinetic and 20% visual, so there will always be some overlap between your and your partner's desires. Use this common ground as a starting point for communicating your sexual preferences, then you have a basis on which to suggest trying new things.'

Exploring both your own type and that of your lover can not only benefit your mutual orgasms, Sandra says, 'but your relationship as a whole. If you are both able to open up and discuss what works for each of you, this breaks down barriers between you and builds confidence. When you are both noticing the details of one another, encouraging and communicating your turn-ons, you may find that your partner has observed things you never even knew about yourself.' **mc**

A MEETING OF SEXUAL MINDS

☑ Kinetic + Kinetic
Consider blindfolds or temperature play. Vary things by committing to keeping eye contact throughout.

☑ Kinetic + Visual
Indulge this combination with beautiful but also sensory props: luxe, textured lingerie or ostrich-feather ticklers.

☑ Kinetic + Aural
Explore this pairing by articulating the sensations as you feel them, heightening the kinetic brain and stimulating the aural.

☑ Visual + Visual
Props, lingerie and full-length mirrors cater to the visual minds, or teasingly remove the view with blindfolds.

☑ Visual + Aural
As above, only combine the visual props with a detailed verbal description of exactly what you plan to do.

☑ Aural + Aural
An opportunity to play with your imagination and voice fantasies. Start by reading erotica aloud or role-playing.



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TAKE ON AUTUMN FASHION









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FASHION

marie claire



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JACKET, SKIRT, BRACELETS, ALL CÉLINE; HAT, HERMÈS; SOCKS, ROYALTIES; BOOTS, WHAT FOX; BAG, COURRÈGES





ONE-PIECE,
POLO NECK,
EARRINGS,
LEATHER BELT,
CUFF BRACELETS,
BAG, ALL
LOUIS VUITTON



DRESS, ACNE STUDIOS; HAT, BRUNELLO CUCINELLI; SCARF, LE MONT ST MICHEL; HANDBAG, LONGCHAMP; SOCKS, ROYALTIES; BROGUES, JULIEN DAVID; CHAIN-LINK NECKLACES, MAIYET; BEADED NECKLACE, CÉSARÉE; METAL CUFF, MAISON MARGIELA; PVC CUFF, MARC DELOCHE; RING, CHLOÉ



SUNGLASSES, INES-OLYMPE MERCADAL; DRESS, STELLA McCARTNEY; SOCKS, FALKE; SHOES, MARNI; RING, MAYA MAGAL; EARRINGS, VIVEKA BERGSTRÖM

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SIMONE ROCHA DRESS **R19 500**, STUDIO 8 HYDE PARK; RUNDHOLZ BOOTS **R6 800**, THAT'S IT!

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ANNETTE GÖRTZ HAT **R2 800**, THAT'S IT!; JACKET **R1 600**, NICCI BOUTIQUES



SCARF **R7 999**, BURBERRY; CREA CONCEPT TOP **R5 495**, VALENTINO SKIRT **R9 295**, BOTH TIK LEE; RUNDHOLZ BOOTS **R6 800**, THAT'S IT!



AMWEN BLOUSE **R1 500**, SKIRT **R1 450**, BOTH PRINGLE OF SCOTLAND; MM6 BOOTS **R7 825**, TIK LEE



SHIRT **R2 600**, STEFANIA MORLAND; WAISTCOAT **R659**, ZARA; THEORY TROUSERS **R5 495**, CALLAGHAN COLLEZIONI; DAMIER EBENE BACKPACK **R30 500**, LOUIS VUITTON

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JERSEY **R999**, WITCHERY. SKIRT **R1 700**, OH! DEAR. BAG **POR**, TAMARA CHERIE DYSON. BOOTS **R2 699**, DR. MARTENS

THE NEW KNITS

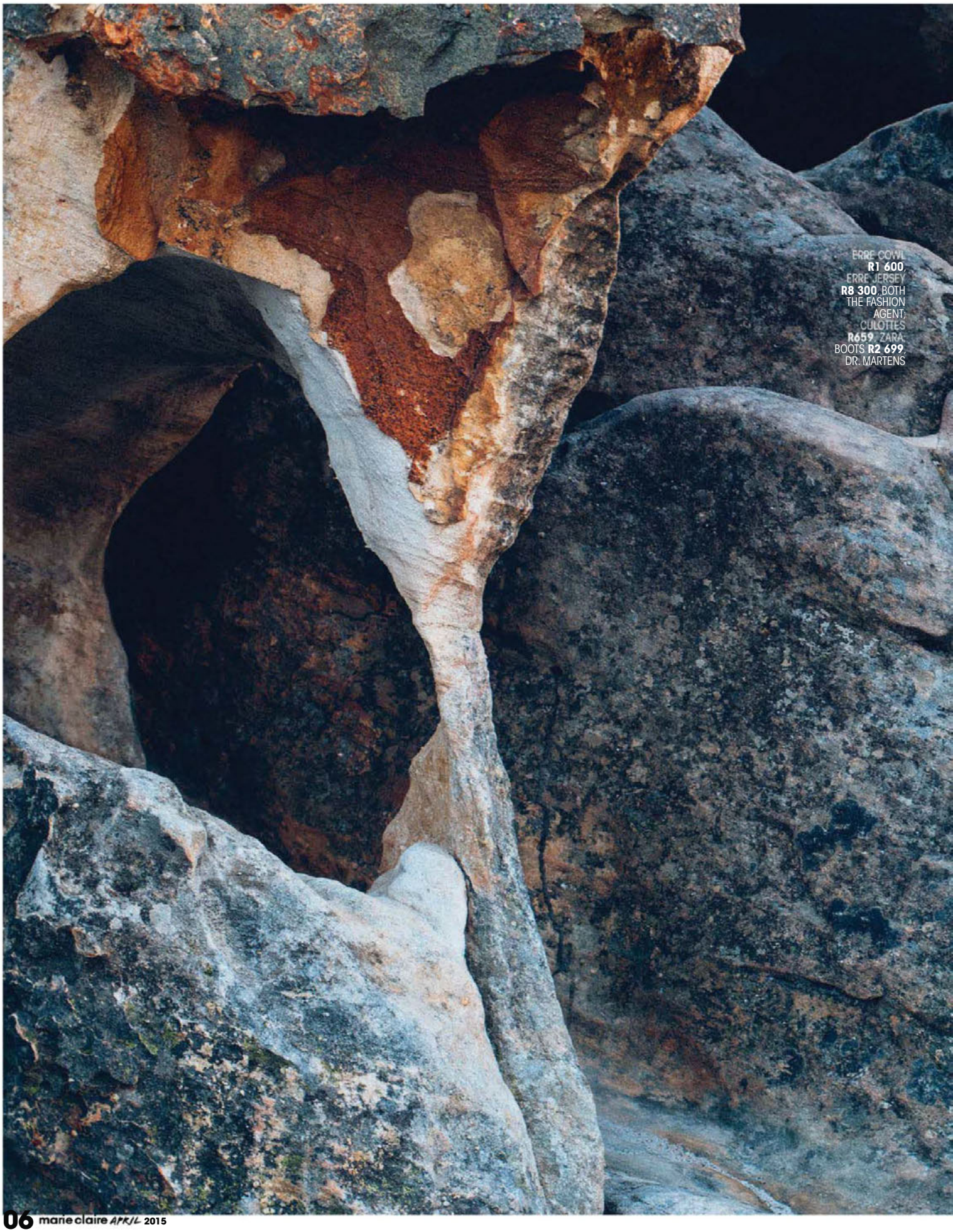
Cosy wools and chunky oversized textures give separates **the luxe factor**

Production SHARON BECKER

Photographs JESSE-LEIGH ELFORD & JUANEL DE LA FORÊT / Agent Emma



ANNETTE GÖRTZ HAT **R2 800**, THAT'S IT!; HAND-KNITTED POLO NECK **R4 830**, OH! DEAR; ALBERTUS SWANEPOEL TROUSERS **R990**, THE FASHION AGENT



ERRE COVE **R1 600**, ERRE JERSEY **R8 300**, BOTH THE FASHION AGENT; CULOTTES **R659**, ZARA; BOOTS **R2 699**, DR. MARTENS



SLEEVELESS JACKET **R1 799**, WITCHERY; PULLOVER **R399**, LA LUNA; TROUSERS **R1 290**, CLIVE BY CLIVE RUNDLE; BOOTS, **R2 199**, DR. MARTENS



OPPOSITE COAT **R2 399**, MARI AND ME; KNIT **R2 730**, OH! DEAR; RUNDHOLZ TROUSERS **R5 600**, THAT'S IT!; BOOTS **R2 699**, DR. MARTENS





HAT **R320**, THE LOT; DRESS **R4 890**, CLIVE BY CLIVE RUNDLE



BEANIE **R495**, SARAH PACINI
SWEATER **R4 995**, TIK LEE; ANNETTE GÖRTZ
TROUSERS **R4 800**, THAT'S IT!; BOOTS **R2 199**, DR. MARTENS



POLO NECK **R6 850**, WOLFORD; TROUSERS **R920**, AFRAID OF MICE; BOOTS **R2 699**, DR. MARTENS

PRODUCTION ASSISTANT DANIELLE VAN JOEN. **PHOTOGRAPHER'S ASSISTANT** RUAN VAN JAARSVELDT. TERENCE PIETERS/CAPE COLLECTIVE. **ASSIST. HAIR** JOHANNEL SUPERNOVA CREATIVE MANAGEMENT. **MAKE-UP** LINDA O'CONNELL/GLOSS ARTIST MANAGEMENT USING MAYBELLINE NY. **MODEL** CARMEN/MAX MODELS **SEE STOCKISTS PAGE**



JERSEY **R7 000**,
STEFANIA MORLAND;
BAG **POR**, TAMARA
CHÉRIE DYSON;
BOOTS **R2 699**,
DR. MARTENS

101 IDEAS

Take your cue from New York's Upper East Side for **SPORTS LUXE** winter wear that's **functionally sleek** and **minimalist**



GIORGIO ARMANI SUNGLASSES **R4 045**, LUXOTTICA; KNIT **R999**, TRENERY; BLOUSE **R1 899**, TOMMY HILFIGER; ALBERTUS SWANEPOEL JOGGERS **R890**, THE FASHION AGENT; BAG **R699**, WITCHERY; SHOES **R899**, COUNTRY ROAD

Ready, set, GO!

Production LEE HAGEN
Photographs KOPE | FIGGINS / *One League Creative Management*



1

TIP 1

PLAY HARD-BALL WITH TEXTURES AND WEAR LEATHER WITH FAUX FUR AND KNITS FOR A WINNING SPORTS LUXE LOOK.



2



3



4

1. JACKET **R1 135**, TOPSHOP; SWEATER **R389**, THE LOT; JOGGERS **R799**, TOPSHOP; SHOES **R899**, COUNTRY ROAD
2. CROP TOP **R479**, TOPSHOP; JOGGERS **R699**, TRENERY; BAG, **POR**, JENEVIEVE LYONS
3. DRESS (WORN AS TOP) **R850**, MARETHCOLLEEN; LEGGINGS **R4 599**, TED BAKER; SHOES **R299**, COTTON ON
4. FAUX-FUR SCARF **R375**, SECOND TIME AROUND; TOP **R299**, TOPSHOP; ILUNDI BELT **R194**, SAM; TROUSERS **R1 200**, BLACK BY BLACK COFFEE



1

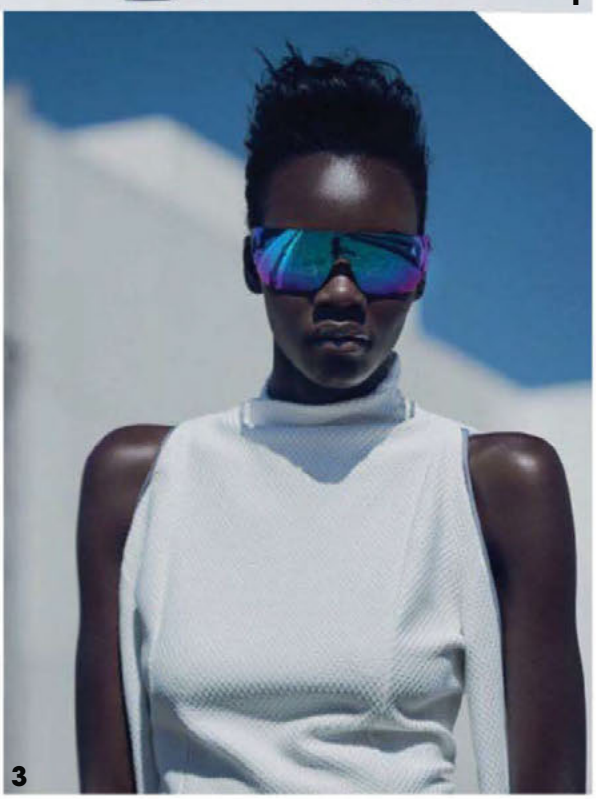
TIP 2

KEEP IT SIMPLE AND STRONG BY LAYERING GARMENTS OF THE SAME SHADE.



2

1. COAT **R2 199**, MARI AND ME; KNIT **R699**, COUNTRY ROAD; DRESS **R230**, EDGARS; BELT **R399**, COUNTRY ROAD; SOCKS, STYLIST'S OWN; ANKLE BOOTS **R599**, ZOOM
2. WRAP DRESS **R1 399**, TRENERY; LEATHER LEGGINGS **R699**, WITCHERY
3. TOP **R980**, JENEVIEVE LYONS; CÉLINE SUNGLASSES **R4 850**, EXTREME EYEWEAR
4. SWEATER **R1 999**, G-STAR; T-SHIRT **R399**, COTTON ON; BOMBER VEST **R799**, MANGO; JOGGERS **R2 599**, G-STAR; SNEAKERS **R1 800**, PUMA SELECT; LACOSTE CHARLOTTE WATCH **R3 027**, S. BACHER & COMPANY; BAG **R2 999**, MIMCO



3



4



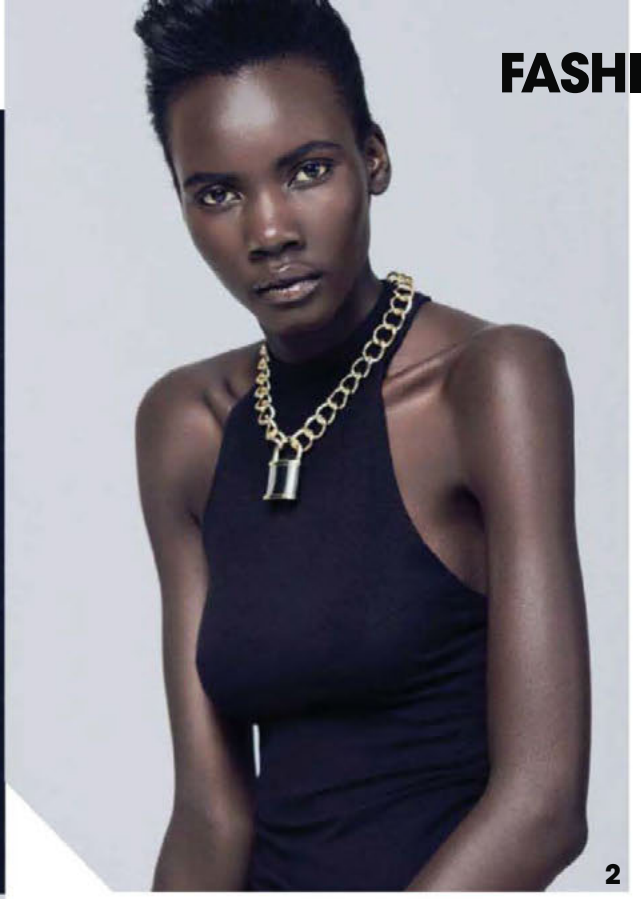
NEFF BEANIE **R299**, LUKS BRANDS; TOP **R399**, ZARA; NECKLACE **R150**, LOVISA; SHORTS **R399**, THE LOT; SNEAKERS **R599**, CALL IT SPRING



NEFF BEANIE **R299**, LUKS BRANDS; COAT **R2 799**, MARI AND ME; SHORTS **R1 999**, CULT11AD

PRODUCTION ASSISTANT ESTE POTGIETER **HAIR AND MAKE-UP** NANDI KAI/SUPERNOVA CREATIVE MANAGEMENT **MODEL** TRICIA/FUSION MODELS **SEE STOCKISTS PAGE**


1


2


3

TIP 3
LET YOUR CLOTHES DO THE TALKING AND KEEP ACCESSORIES TO A MINIMUM.

1. JACKET **R690**, SWEATER **R390**, MARETHCOLLEEN; DRESS **R499**, COTTON ON; LEGGINGS **R690**, JENEVIEVE LYONS; LACOSTE PHILADELPHIA WATCH **R3 378**, S. BACHER & COMPANY; BACKPACK **R599**, THE LOT
2. TOP **R500**, RVCA; NECKLACE **R150**, LOVISA
3. YARRA TRAIL SLEEVELESS JACKET **R1 399**, PACIFIC GROUP; TROUSERS **R1 400**, AMUSE SOCIETY; CUFF **R899**, COUNTRY ROAD
4. PRADA SUNGLASSES **R3 500**, THE EYE MAKERS; LEATHER JACKET **R1 750**, NICCI BOUTIQUES; YAYA KNIT **R1 299**, PACIFIC GROUP; JOGGERS **R1 800**, TED BAKER; BAG **R799**, SNEAKERS **R1 299**, MIMCO


4

STYLE LIKE A FASHION EDITOR

SHOW STOPPERS

Our fashion team chooses **the red-carpet trends** to shop for your next black-tie event

RED CARPET



SIENNA MILLER *takes the plunge with this flirty Miu Miu dress*

ANNA KENDRICK *channels a fairy-tale princess in her Monique Lhuillier gown*



GREER GRAMMER *is the epitome of youthful grace in Lorena Sarbu*

GIAMBATTISTA VALLI

MODERN ROMANCE

Soft, neutral tones and feminine detailing are at the heart of this trend.



GEORGES HOBEIKA

ELIE SAAB



DIOR



ALEXANDER McQUEEN


RALPH & RUSSO

ELIE SAAB

GWYNETH PALTROW *wears a minimal Lanvin dress, belted at the waist, with statement earrings*


RED CARPET


JENNY PACKHAM

DIOR

BLOCK COLOUR

A mix of strong, vibrant hues is the easiest way to make a true statement.

CLAIRE DANES *modernises the trend in a fun, flirty Roksanda dress*

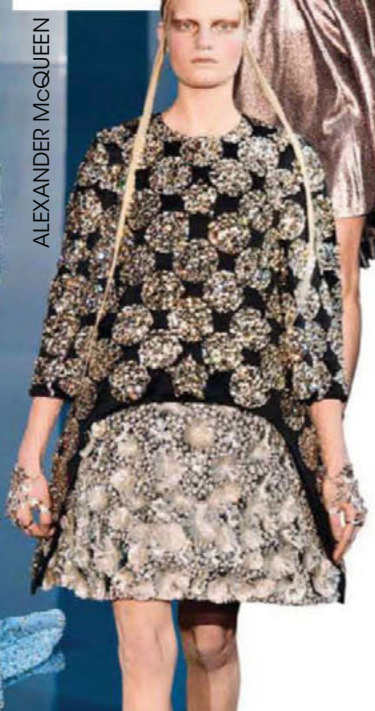

ZUHAIR MURAD

metallics

Traditional metallics are given an update by mixing metals and ombré effects.


RALPH & RUSSO


VERA WANG


ALEXANDER McQUEEN

DAKOTA JOHNSON *makes her red-carpet debut in shimmering Chanel*


RED CARPET

KATE BECKINSALE *looks effortless in her blush Elie Saab floor-length gown*

EMMA STONE *wins the style stakes in a Lanvin jumpsuit*



CAMILA ALVES *is striking in a blush-pink Monique Lhuillier dress*

AMY ADAMS *looks picture perfect in her powder-blue Atelier Versace gown*

FELICITY JONES *wears an elegant Balenciaga number*

RED CARPET

ELIE SAAB



DIOR



GEORGES HOBEIKA

pastels

This season, pastels are sophisticated and elegant in clean silhouettes and romantic details.



ELIE SAAB

RALPH LAUREN

DEEP V-NECK

Dare to take advantage of one of the season's biggest trends with a plunging décolletage.

RED CARPET



LUPITA NYONG'O *takes a risk in a graphic-print Elie Saab gown – and wins*



GEORGES HOBEIKA

JESSICA CHASTAIN *channels her inner screen siren in a plunging Atelier Versace metallic gown*

WORDS AND PRODUCTION SAHIL HARILAL **PHOTOGRAPHS** IMAXTREE.COM, REX FEATURES



ZAC POSEN



CAROLINA HERRERA

ZUHAIR MURAD

CHANEL

EMILY BLUNT *shows off her stunning style in a halter-neck Pucci dress*



ALLISON WILLIAMS *is a red-carpet standout in her beaded Armani Privé gown*

TAYLOR SCHILLING *wows the crowd in her crimson Ralph Lauren showstopper*

RED CARPET

RED

Nothing screams confidence like a red dress – from flirty and embellished to floor-length and draped, this trend always steals the show.

white

Never a shade to be underestimated, white is one of this season's top winners.



GIAMBATTISTA VALLI



DIOR



DIOR

GIAMBATTISTA VALLI



JENNIFER LAWRENCE *looks every inch the Grecian goddess in her floor-length Prada gown*

REESE WITHERSPOON *proves she will always be America's sweetheart in a crisp, asymmetrical Giorgio Armani gown*

VIOLA DAVIS *opts for a white, Grecian Max Mara dress*

RED CARPET

WIN

22 LUCKY *MARIE CLAIRE* READERS WILL EACH WIN AN OPTIPHI BODY CURVE HAMPER WORTH R3 000!

EACH OPTIPHI HAMPER INCLUDES:

- Body Curve Body Lotion
- Body Curve ß-Body Wash
- Body Curve Body Foliant
- Body Curve Cellulite Therapy
- Body Curve Stretchmark Therapy
- Body Curve Body Buffer



The new Body Curve range from Optiphi offers complete body cleansing, exfoliation and 24-hour skin hydration. Products include innovative active ingredients including anti-ageing cinnamon leaf oil and bamboo actiscent, a powerful antioxidant. With hints of jasmine and white blossom, the Body Curve ß-Body Wash is an invigorating body cleanser, the Body Curve Body Foliant is a dual-action enzymatic exfoliator that effectively removes dead skin cells and the Body Curve Body Lotion hydrates the skin for immediate and long-term skin youthfulness. **Optiphi.com**

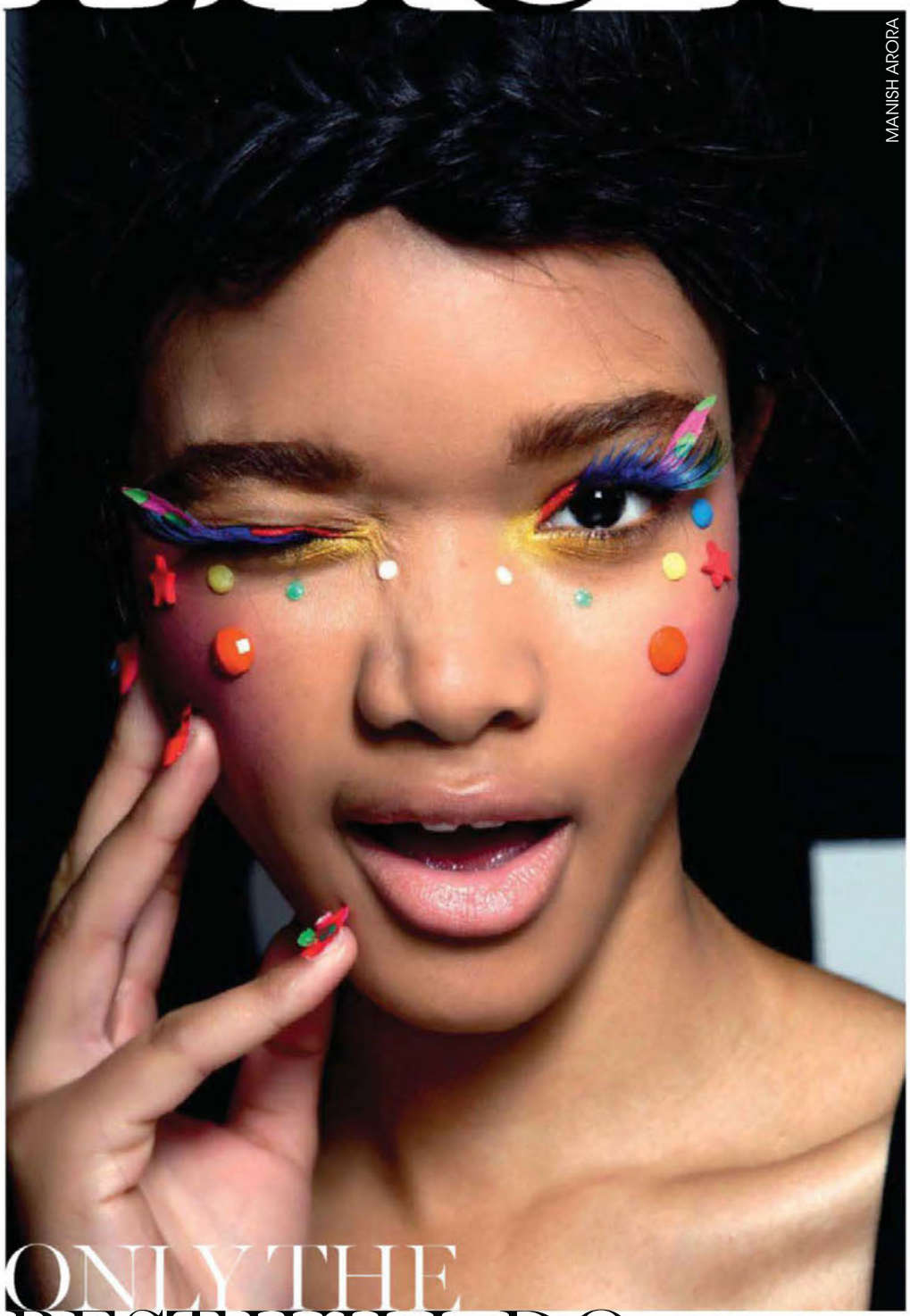
HOW TO ENTER

TO STAND A CHANCE OF WINNING THIS STUNNING PRIZE, SEND AN SMS TO 35438 BEFORE 30 APRIL 2015. DON'T USE PUNCTUATION AND BEGIN YOUR SMS WITH 'MC OPTIPHI' FOLLOWED BY YOUR NAME, SURNAME, POSTAL ADDRESS AND EMAIL ADDRESS. (EACH SMS COSTS R1.50; SEE STOCKISTS PAGE FOR COMPETITION RULES.)

PHOTOGRAPHS SUPPLIED

BEAUTY

marie claire



MANISH ARORA

PHOTOGRAPH IMAXTREE.COM

ONLY THE BEST WILL DO

for our skin, with beauty **products for different ethnicities** and the **PRIX D'EXCELLENCE DE LA BEAUTÉ AWARDS 2015**

PRETTY Cool

Effortless beauty means clean skin, barely there make-up and minimal fuss



Words KELLY FUNG
Photography JASON HETHERINGTON
Styling LISA OXENHAM

BREAK THE NORM

Take normcore a step further by giving it a polished spin. The trick is to tone everything down, but without looking scruffy. Subtle changes like swapping your bold red lip for a more natural tone two shades darker than your lip colour or cutting your hair in a manageable, shoulder-length bob will add to youthful simplicity.



WET EFFECT

This season's tousled, wet-look hair is a nod to the undone style. Run mousse or flexi-hold gel through just-towel-dried hair and let it dry naturally to allow the waves and natural kinks to come through. Make sure it's all a little messy and loose.



BACK TO BASICS

There is something so modern about minimal make-up. A fresh and youthful appearance is needed here with matte skin, a sweep of blusher across the cheekbones for a flushed look and a slick of mascara to define the eye and accentuate the lashes. Fill in the eyebrows and apply a lip balm or a nude lipstick to finish.

GET THE LOOK

IN THE NUDE

It's barely there, but it still shows. Go easy on colour and focus on contouring the cheeks, **DEFINING THE BROWS** and selecting a natural hue for the lips

BOBBI BROWN PERFECTLY DEFINED BROW PENCIL IN SADDLE AND RICH BROWN **R480**



Bobbi Brown

Achieve a low-maintenance retro feel with strong, defined brows. Fill in sparse spaces using a medium to dark brown shade, depending on desired intensity.

VICHY CAPITAL SOLEIL FACE BB TINTED VELVETY CREAM SPF50 50ML **R269**



Vichy

For low-maintenance, flawless skin, opt for a tinted BB cream to achieve lightweight coverage. Using one with a high SPF will protect your skin from sun exposure, blemishes and ageing.

CLARINS ROUGE ECLAT LIPSTICK SATIN FINISH, AGE-DEFYING LIPSTICK IN 03 PETAL PINK **R270**



Clarins

For a natural look, use a barely there tint in the form of a cream or matte lipstick one shade darker than your natural lip colour. After applying, dab your finger over the lips to soften the edges to create a subtle tint.

CLARINS DAILY ENERGIZER LIP LOVELY BALM **R165**



Clarins

No one likes having chapped lips. Boost your lipstick shade by applying a nourishing lip balm underneath it.

L'Oréal

Leave out the bronzer and sculpt show-stopping cheekbones with blusher. Apply a warm shade on the hollow of the cheeks, right up to the temples. To highlight, use a blusher one shade lighter along the apple of the cheek.

L'ORÉAL TRUE MATCH LE BLUSH **R170**



BIONIKE DEFENCE COLOR VOLUME MASCARA IN 01 NOIR **R140**



BioNike

Make your eyes stand out with a good volumising mascara. Apply this lightly on the tips of the lashes for a lighter feel, and to prevent the bold babydoll look.

COLOUR



SKIN MATTERS

The key to a 'no make-up' look is a perfect canvas; skin is smooth in texture, even-toned and hydrated. Take extra care of your skin during the dry,cold season – exfoliate with an enzyme exfoliator, which will give your skin a thorough polish without the scrub. Swap your usual moisturiser for a specially hydrating one and invest in a brightening balm that doubles up as a face primer.

GET THE LOOK

SKIN INDULGENCE

Get a **little stricter** with your skin-care routine in winter. Up the hydration, PILE ON THE NOURISHMENT and don't skip the exfoliation

Elemis
Great skin glows from within and using an illuminating balm will help you along the way. This moisturising balm boosts radiance and acts as a primer, evening out the skin tone for a fresh, dewy look.



ELEMIS PRO-RADIANCE ILLUMINATING FLASH BALM 50ML **R680**

Dior
Use a serum to give your skin deeper nourishment than your moisturiser can. This one works from the inside out for radiant skin.



DIOR CAPTURE TOTALE ONE ESSENTIAL SKIN BOOSTING SUPER SERUM 75ML **R1 925**

ELIZABETH ARDEN PREVAGE ANTI-AGING + INTENSIVE REPAIR EYE SERUM 15ML **R1 065**



Elizabeth Arden
Keep a youthful and fresh appearance just by paying some attention to your eyes. An eye serum or cream is essential to keep eyes looking plump, bright and free of dark circles or bags.

HANNON MOTHER OF PEARL FACIAL SCRUB 75ML **R185**



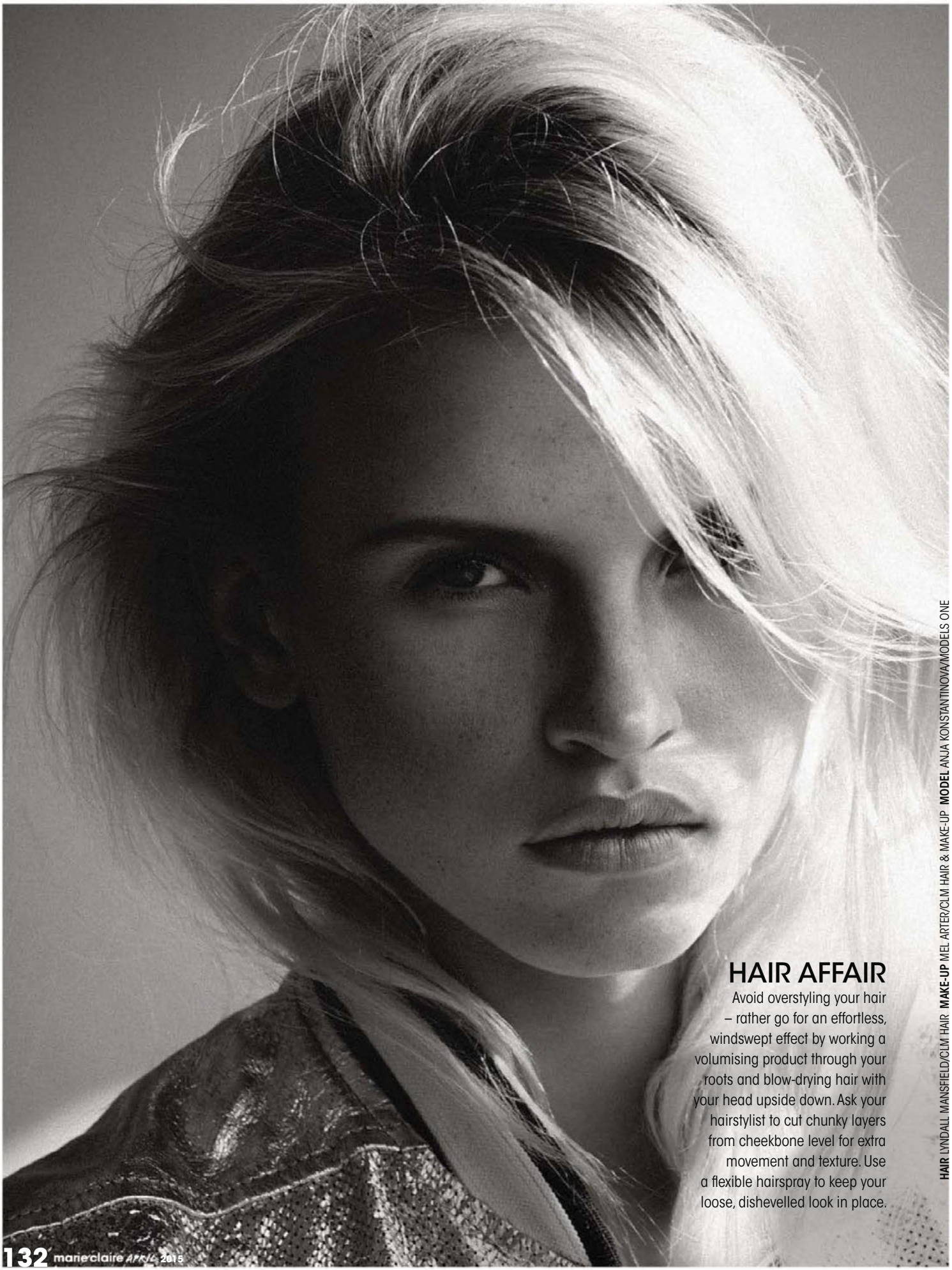
Hannon
Exfoliating at least once a week is key when seeking radiant, smooth skin. This scrub includes oils and mother of pearl that help remove dirt from pores.

Vichy
Healthy skin starts with hydration. Use a deeply nourishing face cream to lock in moisture and keep skin supple.



VICHY AQUALIA THERMAL 50ML **R359**

SKIN



HAIR AFFAIR

Avoid overstyling your hair – rather go for an effortless, windswept effect by working a volumising product through your roots and blow-drying hair with your head upside down. Ask your hairstylist to cut chunky layers from cheekbone level for extra movement and texture. Use a flexible hairspray to keep your loose, dishevelled look in place.

HAIR LYNDALL MANSFIELD/CLM HAIR **MAKE-UP** MEL ARTER/CLM HAIR & MAKE-UP **MODEL** ANJA KONSTANTINOVA/MODELS ONE

GET THE LOOK

WILD & FREE

Avoid too much structure and stiffness in the hair. This look is all about **LOOSE, EASY MOVEMENT** for laid-back sophistication

label.m
Applying this to the roots gives your hair volume and support, even if you don't have the thickest mane. For this look, concentrate the volume on the crown and back of the hair for more dimension.

Moroccanoil
A rounded brush creates bounce. Roll your locks around this brush and lift while blow-drying to accentuate layers and height.

Avon
Texturising hair can cause frizzy, dry ends. Rub some hair serum on your ends after blow-drying or during the day to refresh your ends.



AVON ADVANCE TECHNIQUES DAILY RESULTS DRY ENDS SERUM 30ML **R86**

MOROCCANOIL ROUND BRUSH **R250**

LABEL.M VOLUME FOAM 210ML **R290**

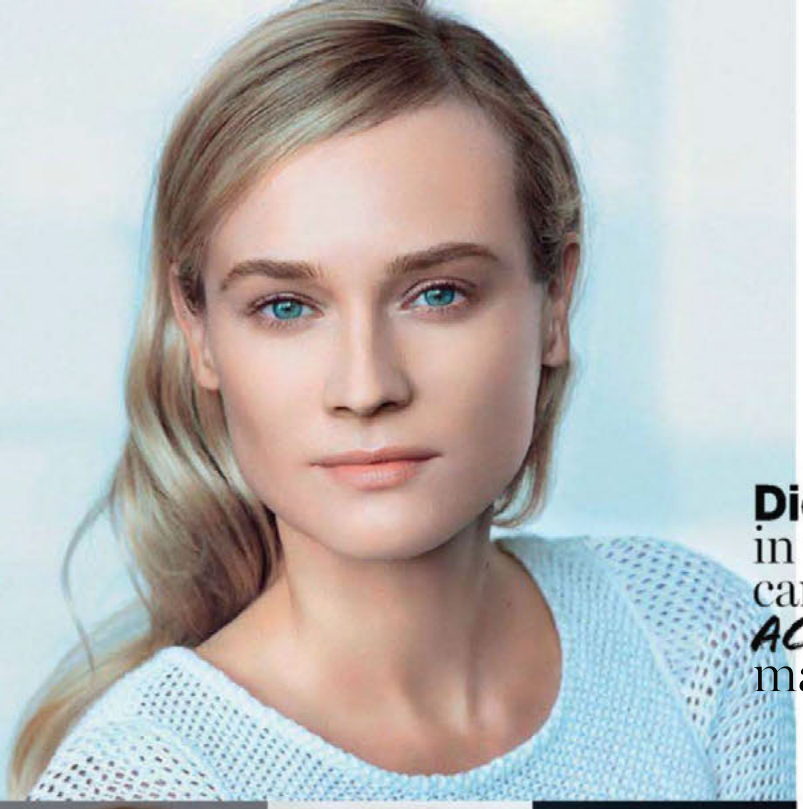
KÉRASTASE CRISTALLISTE LAIT CRISTAL LUMINOUS PERFECTING CONDITIONER 200ML **R290**

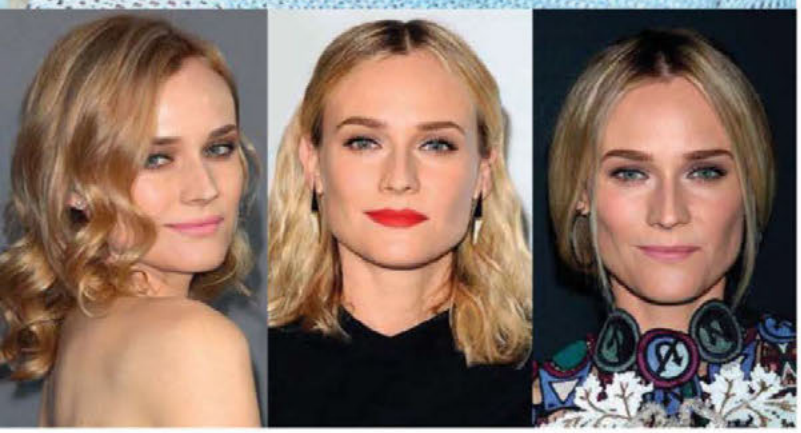
Kérastase
Proper conditioning after every wash helps tame frizz and split ends. Invest in a conditioner that targets dull or dry hair.

ghd
Move away from neat and perfect; 60s-inspired hair is about wild, textured volume. A root-lift spray is ideal for this look to boost volume during blow-drying – a great alternative to salt spray.

GHD STYLE ROOT LIFT SPRAY 100ML **R195**

HAIR





UP CLOSE

CHANEL'S BEAUTY MUSE

Diane Kruger looks breathtaking in the latest Chanel skin-care campaign. MC TALKS TO THE ACTOR AND MODEL about what makes her feel beautiful

GET DIANE'S LUMINOUS SKIN

- **Look for cleansers** with soothing oils such as jojoba to give your skin a supple, velvety texture.
- **Use a face mist** throughout the day for instant radiance and to reawaken skin.
- **Use a rich moisturiser** as skin takes well to make-up when it is properly moisturised.
- **Combat dark circles** with an eye serum underneath your moisturiser.

To watch Diane's Chanel video, go to **Marieclaire.co.za**

#MCBEAUTY

COMPILED BY ZITA ZAMBO **PHOTOGRAPHS** REX FEATURES, SUPPLIED

Q&A

What makes Chanel a good fit for you? Chanel makes life more beautiful, while freeing you from conventions. This message is in sync with the direction of my own life. I chose to be an actor; to use my flaws and make them a strength on the screen. I no longer try to hide behind an appearance.

Do you feel more beautiful now than you did before? Actually, I would say that I'm kinder to myself. And even though I loved being 20, I'm not nostalgic about my beauty at that time. To be the most beautiful, you don't have to be the youngest. You have to invent your beauty the way you do your life, but without projecting yourself into an ideal or an inaccessible dream.



CHANEL HYDRA BEAUTY MICRO SÉRUM 30ML **R1 255**

CHANEL SUBLIMAGE ESSENTIAL COMFORT CLEANSER 150ML **R575**

CHANEL UV ESSENTIEL DAILY UV CARE MULTI-PROTECTION ANTI-POLLUTION SPF 50+ 30ML **R650**

CHANEL SUBLIMAGE LA CRÈME TEXTURE SUPRÊME 50G **R4 485**

CHANEL HYDRA BEAUTY GEL YEUX HYDRATION PROTECTION RADIANCE EYE GEL 15ML **R770**

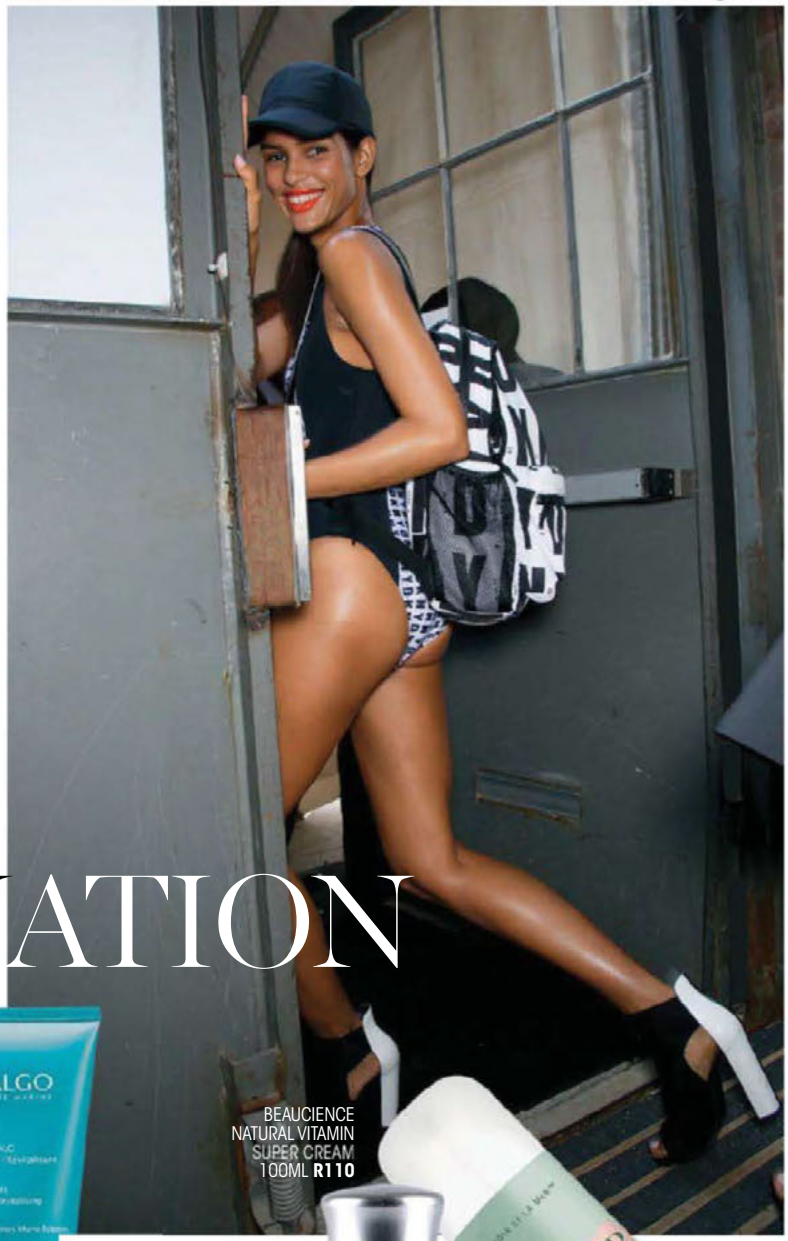
CHANEL HYDRA BEAUTY ESSENCE MIST 50ML **R870**

Do you need a total body rejuvenation? Look to the sea – we have all the best products and treatments containing marine-derived ingredients to **get you back into tip-top shape,** inside and out

GET THE LOOK

SEASIDE REJUVENATION

WORDS NOKUBONGA THUSI **PHOTOGRAPHS** IMAXTREE.COM, SUPPLIED



Treatment / Thalgo Marine Algae Body Wrap.
Where / Camelot Spa, Saxonwold, Johannesburg. *Camelotspa.co.za*
What it does / A luxurious body treatment that intensely replenishes minerals in the skin and aids skin conditions such as eczema and psoriasis.
Price / R760 for 60 minutes.
Product / Thalgo Plasmalg Gel 150ml R380.



THALGO PLASMALG GEL 150ML **R380**

BEAUCIENCE NATURAL VITAMIN SUPER CREAM 100ML **R110**

LA MER THE REPARATIVE BODY LOTION 200ML **R1 350**

SORBET SPA ESCAPE RENEW SALT POLISHER 250G **R45**

PLACECOL CONTOURING BODY GEL 250ML **R375**

Beaucience
Using products with natural ingredients is great for boosting your skin's health. This cream is highly moisturising and leaves skin feeling nourished all day.

Sorbet
Preparing the skin before any treatment is key – exfoliate with this scrub to help with the absorption of other products. It's heady scent evokes refreshing smells of the ocean.

La Mer
A serum for the body, this lotion renews and refines the skin using sea-born ferments. It has anti-ageing properties that firm up the skin, resulting in a smoother texture.

Placecol
Pump up your skin using a contouring gel to smooth out its appearance. This gel assists circulation, to improve cellular activity and help with the appearance of cellulite.

BODY



KÉRASTASE RESISTANCE MASQUE FORCE ARCHITECTE 200ML **R425**

PUREOLOGY STRENGTH CURE FABULOUS LENGTHS TREATMENT 95ML **R508**

DAVINES NATURALTECH NOURISHING SHAMPOO 250ML **R226**

MARIE CLAIRE

fixes DAMAGED HAIR

Getting hair back to its happy place is **not as difficult** as you think, says fashion and beauty editor, Kelly Fung

I never used to have to brush my hair. It was the kind of hair that stayed smooth and silky even after a night's sleep. Then, of course, I got bored and decided to peroxide my hair… from black to blonde. You can only imagine the damage I was faced with after numerous attempts at going platinum blonde.

It's no surprise that, after all of this, my hair, while perhaps more voluminous and textured, was also drier than the brush-end of a broom, constantly knotty and ever-breaking.

Then I wizened up and thought, why not ask the expert? David Gilson of Carlton Hair came to my rescue, reassuring me that all is not lost – great news, as I thought I might have had to shave off all my hair!

'To find out the exact nature of the damage, chat to your hairstylist,' David says. Extensive damage can't be fixed with at-home products alone, so David recommends the Davines Keratin Nourishing in-salon treatment (R350) in conjunction with Davines Micro Mist treatment (R150) as a hydrating add-on. Looking at my straw-like hair, I was enthusiastic to give it a go. We start with the Keratin Nourishing treatment – a quick shampoo, a good 15-minute restructuring treatment and a nourishing conditioner. This uninque formula contains phytoceuticals extracted from grapes, antioxidant polyphenols and essential oils, to help nourish the hair.

At the next visit, my hair was treated to the Davines Replumping treatment (R200). Its formula contains more phytoceuticals extracted from plums, antioxidant polyphenols and flavonoids, and hyaluronic acid to restore lost elasticity.

The results? Both treatments worked a dream on my hair, especially with the added advantage of the Micro Mist treatment, which opens the hair shaft and then seals it again once the treatment is locked in. My hair is almost back to its healthy state – I can actually run my fingers through my tresses without it breaking off. David suggests prolonging the salon benefits by pairing it with the right at-home haircare. **mc**

DAVID GILSON'S HAIRCARE TIPS:

➔ Never bleach your hair at home and always use a scalp protector when colouring.
➔ Request that your stylist doesn't overlap the colour as bleach over bleach can be seriously detrimental to the hair.



DIY BLEACHING IS A BEAUTY NO-NO

#MCBEAUTY

Do you have a beauty question? Tweet us **@marieclaire_sa** with the hashtag **#MCBeauty**

WORDS KELLY FUNG **PHOTOGRAPHS** JUDD VAN RENSBURG, IMAXTREE.COM



SAVING FACE

WHAT QMS facial treatments available at FutureThis.
WHY If your skin is stressed out, dehydrated or showing signs of ageing, try the QMS range – we love its Classic Facial, which includes a Classic Collagen treatment to help alleviate dehydration.
RESULT Skin feels calm, re-energised and appears much brighter.

PRICE R550
Futurethis.co.za
0860 018 022

COMPILED BY NOKUBONGA THUSI **PHOTOGRAPHS** PAUL SAMUELS, IMAXTREE.COM, SUPPLIED

THIS MONTH...

WHAT WE GOT UP TO

Step into the *MC* BEAUTY CUPBOARD as we **share our favourite products** and tips



NOKUBONGA THUSI, FASHION AND BEAUTY ASSISTANT

THE BEST ADVICE I'VE EVER HEARD

I have always loved playing around with eye shadow but often notice how the pigment falls flat by the end of the day, or appears cracked. I used to pile on more colour or dip my brush into water before applying eye shadow for a stronger result but a make-up artist recently told me that you should always create a base for your product to prevent it from slipping off during the day. I love this eye base from MAC – it goes on smooth like a cream but provides a matte base. This is definitely a make-up bag essential that makes my eye shadow pigment pop and last the entire day.



MAC PREP+ PRIME 24-HOUR EXTEND EYE BASE **R310**

3 WAYS TO... MASTER the DIY manicure

Everyone deserves a mani but the budget doesn't always stretch that far. Here's how to do it at home

BUFF THE SURFACE

Buff your nails before applying any nail polish to create a smooth surface and remove oily residue, which can cause polish to crack.



ESSENCE STUDIO NAILS 6IN1 BUFFER FILE **R39**

APPLY DOUBLE PROTECTION

Always start your manicure with a strenghtening or nourishing base coat to protect your nails from colour stains. After applying colour, finish off with a top coat to make the colour last longer.



RIMMEL STRONGER DOUBLE DUTY BASE COAT 12ML **R60**

REVLON COLORSTAY GEL ENVY DIAMOND TOP COAT **R110**

SMUDGE-PROOF IT

Accidents happen when the nail polish is tacky (dry to the touch but still soft enough to be imprinted). To touch up, dip your finger in water and rub it over the smudge to smooth it out.

BEAUTY CUPBOARD CONFIDENTIAL



ENVIRON INTENSIVE SUPER MOISTURISER+ 50M **R280**

KELLY FUNG, FASHION AND BEAUTY EDITOR

WHAT Environ Intensive Super Moisturiser+
WHY It's made specifically for seriously dry and dehydrated skin. It's soothing and fuss-free.

NOKUBONGA THUSI, FASHION AND BEAUTY ASSISTANT

WHAT Sì by Giorgio Armani EDT.
WHY This new addition to the Sí family has a fresh, juicy and sweet scent – for me, it's the ultimate feminine fragrance.



SÌ BY GIORGIO ARMANI EDT 100ML **R1 395**

ZITA ZAMBO, BEAUTY INTERN

WHAT Kiehl's Superbly Restorative Argan Dry Oil.
WHY I use this oil on my body to improve texture and radiance, and on my hair to smooth spilt ends.



KIEHL'S SUPERBLY RESTORATIVE ARGAN DRY OIL 125ML **R360**

HOW WE AGE

'Fairer is better.' 'Black don't crack.' There are so many half-truths out there about **how your ethnicity relates to skincare** and ageing – we separate fact from fiction



JIL SANDER

There are two types of ageing – chronological ageing and photoageing. There's nothing anyone can do about chronological ageing (unless you invent a time machine!) but we do have some control over photoageing (the damage caused to skin by UV rays). Your skin does provide a level of protection against UV rays, and your ethnicity plays a part in this. The pigment in your skin, called melanin, protects it from UV rays by reflecting the light, and the darker your skin, the more melanin it contains. Very pale skin produces almost no melanin, Asian skins produce more of a type called pheomelanin, and dark skins produce the thickest melanin, called eumelanin.



LIPIDOL CLEANSING FACE OIL 125ML
R80



CHANEL HYDRA BEAUTY MICRO SÉRUM 30ML
R1 255



SHISEIDO ULTIMUNE POWER INFUSING CONCENTRATE 30ML
R1 145



DERMALOGICA ULTRACALMING SUPER SENSITIVE SHIELD SPF30 50ML
R650

ASIAN SKIN

THE GOOD NEWS Visibly ages slower because lines and wrinkles appear much later in life. Skin stays supple for longer.
BE CAREFUL Skin has weaker barrier lipids (the skin's moisture barrier) so it heals slower. Asian skin is often sensitive with less natural moisture so tends to be dry. It is also very susceptible to pigmentation.
CARE TIP Choose hydrating products that contain hyaluronic acid. Use sunscreen every day to avoid pigmentation caused by sun damage.


BOTTEGA VENETA

WORDS MATHAHLE STOFILE **PHOTOGRAPHS** IMAXTREE.COM, SUPPLIED

BLACK SKIN

THE GOOD NEWS Takes the longest to show lines because the skin is typically thicker and oilier. Melanin provides natural UV protection so photoageing is slower, and cells reproduce themselves faster than most, so skin heals faster.
BE CAREFUL Prone to pigmentation, uneven skin tone, keloid scars, 'ashiness' and hyperkeratosis (increased cell turnover and dead-skin buildup).
CARE TIP Exfoliate regularly to get rid of dead skin cells that can make the skin appear dull, and wear sunscreen.

EUCERIN EVEN BRIGHTER NIGHT 50ML **R260**

EUCERIN EVEN BRIGHTER DAY 50ML **R260**

DERMALOGICA DAILY MICROFOLIANT 75G **R850**

LANCÔME DREAMTONE ULTIMATE DARK SPOT CORRECTOR 40ML **R890**

POND'S PERFECT COLOUR COMPLEX BEAUTY FACIAL FOAM 100ML **R33**

ESSE REFINING CLEANSER 150ML **R190**

DERMAQUEST DERMACLEAR SERUM 29.6ML **R975**

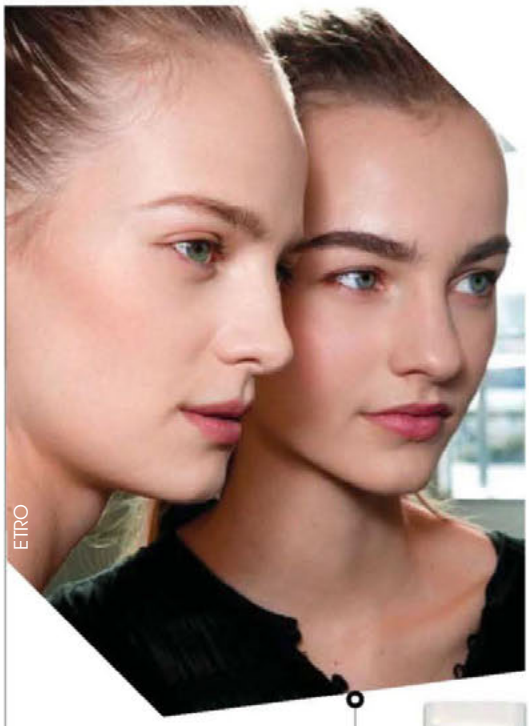
FILORGA TIME-FILLER MAT PERFECTING CARE 50ML **R945**

DERMACEUTIC FOAMER 5 GENTLE EXFOLIATING CLEANSING FOAM 100ML **R500**


CAROLINA HERRERA

MIXED SKIN

THE GOOD NEWS Fine lines and wrinkles take a while to show. Olive and darker tones generally have a thicker outer layer, which provides better protection against external factors.
BE CAREFUL Take care to protect the skin from pigmentation. Dehydrated skin can also appear grey in colour.
CARE TIP Swap cream-based cleansers with clay-based ones to help alleviate oiliness. Remember to exfoliate regularly and an SPF is a must.


ETRO

CAUCASIAN SKIN

THE GOOD NEWS Pale skin generally shows fewer noticeable pores and has a smoother texture.
BE CAREFUL Less pigment in the skin means signs of ageing are more prominent, with a definite appearance of sagging, wrinkles and sun damage. Texture-wise, the skin gets drier as it thins.
CARE TIP Hydrate inside and out by drinking lots of water and using serums for your skin type. Use a high-factor SPF religiously.

REN EVERCALM GLOBAL PROTECTION DAY CREAM 50ML **R460**

LA MER THE CLEANSING LOTION 200ML **R1 200**

CLARINS DOUBLE SERUM COMPLETE AGE CONTROL CONCENTRATE 30ML **R725**

LANCÔME ABSOLUE L'EXTRAIT REGENERATING ULTIMATE ELIXIR 15ML **R3 700**







THE BEAUTY SECRET I SWEAR BY

Trends come and go, but we all have a **favourite** beauty trick

NONHLANHLA MXOKISWA, STUDENT

'Liquid liner and bright lipstick. I emphasise my strongest features by wearing a bold lip and a dramatic lined eye.'

PHUME MTHEMBU, MANAGING DIRECTOR

'Ben Nye Banana Luxury Powder. It's not available in South Africa but you can get it online. It keeps my skin looking natural and flawless and sets my make-up throughout the day.'

DERRYNANNE COLBORNE, MC FASHION INTERN

'My brow crayon. A fuller eyebrow helps accentuate your features and creates character.'

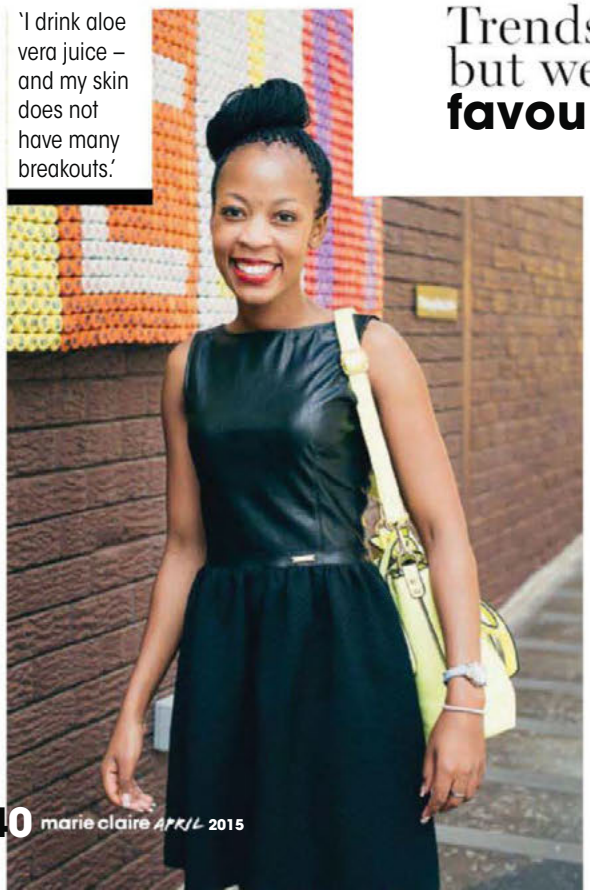


GENEVIEVE FARRY, MARKETING INTERN

'Estée Lauder Advanced Night Repair. It keeps my skin smooth and gives it a fresh and natural glow.'

MARCIA NTOBENG, FINANCIAL PLANNER

'I drink aloe vera juice – and my skin does not have many breakouts.'



EMMA TOLLMAN, ACTOR

'Using aqueous cream as my facial moisturiser. I find it better at keeping my face hydrated and it helps to maintain my skin's golden glow.'



COMPILED BY KELLY FUNG **PHOTOGRAPHS** PAUL SAMUELS **PRODUCTION ASSISTANT** DERRYNANNE COLBORNE, DANIELA RIQUELME

What are the *MC* team's beauty secrets? Find out at **Marieclaire.co.za**

#MCBEAUTY

COMPILED BY NOKUBONGA THUSI PHOTOGRAPHS SUPPLIED



His handsome looks and smooth charm caught our eyes in *This Means War* and *Into the Woods* and now **Chris Pine** has a new leading role – as the face of **ARMANI CODE.** We go behind the scenes to discover more about the fragrance and the man

UP CLOSE

ARMANI'S LEADING MAN

Q&A

What makes you feel masculine? A pair of boots that I've had forever – they feel like they've kicked over a stone or two on a dirt road in Montana and then spent the evening by the fire.

What are the codes for a man today? Integrity and generosity of spirit. Elegance does not only involve the clothes you wear; it has much more to do with how you conduct yourself in this world.

How do you feel about fragrance? Fragrances, as with clothing, say a lot about a person; it's how you present yourself to the world. Just like a well-tailored suit, a cologne must fit just right.

What do you think of the Armani Code film? It's beautiful. Director Andrew Dominik created such a specific, mid-century feel, a bit futurist and with an architecture that feels straight out of Bernardo Bertolucci's *The Conformist*. There's a wash of blue to the colour of the film, which I think adds a sense of mystery.

Which scene was the most difficult? The first scene with the revolving door. It was difficult for Andrew as he was looking for a particular mood, but it was a joy for me – the first moment I see the woman who catches my eye. Two strangers passing on their respective journeys glimpse one another, but in that moment realise they must see each other again. I loved the concept!

INSIDE ARMANI CODE

- A **timeless** masculine fragrance with a **modern twist**.
- Represents the **ultimate contemporary man**; full of style and charisma.
- Synonymous with simplicity, modernity and **seductive design**.

GIORGIO ARMANI CODE HOMME 75ML
R1 095



SIGNATURE NOTES
Woody oriental • Tonka bean • Blond tobacco • Guaiac wood •

Want to see more of Chris? Go behind the scenes of the campaign at **Marieclaire.co.za**

#MCBEAUTY



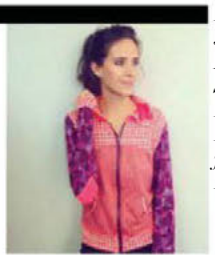
BODY101

HEALTH NEWS

MC health and copy editor KATE MASON rounds up the **NEW ACTIVEWEAR** collections hitting the health desk this month

The seasons may be changing and the nights drawing in, but that's no excuse to get lazy with your workout routine, especially with the striking new activewear lines hitting stores to brighten up even the dreariest of autumn days. First to hit the health desk this month is Colombian lifestyle brand **Maaji's** new Studio Collection, with its vibrant juxtaposition of fashion-forward photographic prints and neon colours. Mix-and-match pieces, including athletic tops, leotards, sports bras, shorts and figure-fitting pants, are great for yoga, dancing and swimming (thanks to the nylon and Lycra materials used), or a casual daytime look. My favourite piece is this Spring Peachy Peach jacket, pictured right. Looking for something a little edgier? The new **Cotton On Body Ath Fash** range mixes sports-inspired activewear with higher fashion: think track pants – with a slimmer leg, wider waistband and striped detailing, teamed with a lace bralette, low-cut muscle tank and a puffer vest for your off-duty leisurewear outfit. Designed for the action girl, Stella McCartney's celebrated **Adidas StellaSport** collection has arrived in SA! The range fuses technical performance with Ms McCartney's signature style. It's a fun and vibrant collection that features sporty tanks, bras and workout tights in modern prints, all designed with fast-drying Climalite fabric to ensure everyday wearability and comfort. Sport your chosen look from the gym to brunch, paired with a logo trucker cap or pop-colour backpack. With these cool and affordable activewear lines now available in SA, you'll soon be showing off your kit essentials at the gym.
Maajiswimwear.com; Cottonon.co.za; Adidas.co.za

@KateMasonCT



Kate sporting Maaji's Spring Peachy Pink jacket, R1 999

STOP RUNNING. START IGNITING.

Ignite (R1 699) is Puma's latest running shoe, which uses innovative ForEverFoam technology for in-step comfort and optimal rebound to maximise your energy return – so you keep running longer. Pair with the Ignite 3/4 Tights (R649), Short-Sleeved Tee (R549) and Long-Sleeved Tee (R599), which use coolCELL materials to draw sweat away from the skin and jacquard mesh to improve air circulation. The tights have a zip pocket to keep valuables safe and reflective logos for visibility in low light. **Puma.co.za**



DIET DELIVERY

Looking for a fuss-free, easy service that provides fresh, nutritious and delicious meals right to your door? Daily Dietitian removes the stress of planning, shopping and cooking, making it easy for you to stick to your healthy diet at work or on the run. Formulated by a dietician, chefs create meals and snacks using fresh, seasonal ingredients, so all you have to do is choose your meal plan, schedule your dates and wait for your delivery!
Dailydietitian.co.za

DAILY DIETITIAN'S FOOD PRINCIPLES TO LIVE BY:

1. Add colour wherever possible – fruit and veggies that is, not artificial colourants! **2.** Avoid sugar wherever possible, especially added sugar in drinks and processed foods. **3.** Don't trust long ingredient lists with words you can't pronounce. Eat food in its whole and natural state. **4.** Avoid trans fats. **5.** Hydrate mostly with water. **6.** Take your cue from nature – eat according to the seasons. **7.** When it comes to meat and animal products, opting for organic, hormone-free and free-range produce is key.

CONTRIBUTOR



WARDAH HARTLEY, OWNER OF FABUFIT, **OFFERS TIPS** FOR CONTROLLING YOUR PORTION SIZES

A major reason more people are becoming overweight today is due to ignorance about portion control. According to Dr Sylvia Karasu in *Psychology Today*, 75-95% of people who diet regain the weight they have lost. And it's all too easy to overeat on 'healthy' foods, such as smoothies and sandwiches, to create a calorie surplus and therefore gain weight. The real trick to weight maintenance is understanding portion control. I like using *The Biggest Loser* trainer Jillian Michaels' guidelines for portion control. She says, 'One cup of yogurt, cereal, soup or pasta is equal to the size of a baseball; a serving of cooked meat is equivalent to a deck of cards; one serving of cooked fish is equal to the size of a chequebook; and one cup of lettuce or cooked veggies is the size of a wine glass.'

@Wardah_Hartley

WORDS KATE MASON, WARDAH HARTLEY **PHOTOGRAPHS** SUPPLIED

@PLAY

marie claire



PHOTOGRAPH GREATSTOCK/TRUNKARCHIVE/EMMA SUMMERTON

GO ON AN ADVENTURE

to **intoxicating Vietnam** and lively Buenos Aires – or enjoy the best **GOURMET DESTINATIONS** right on your doorstep







good morning, PARADISE

Words CHRISTINE VAN DEEMTER

Few places give you such bang for your Rand as South East Asia – and Vietnam is an adventure just waiting to happen

Instagram **christine_vand**

'YOU CAN'T GO THERE – THERE'S A WAR ON!' This reaction from a friend's grandmother about her recent decamping to Vietnam may raise a smile, but it's not that preposterous an opinion – Vietnam is still seen by many as a war-torn, impoverished, Communist country; the ginger step-sibling to exciting Thailand and ancient and mysterious Cambodia. Having been to all three, I can tell you – skip Phuket and its beer funnels, definitely see Angkor Wat before you die, and slow down in Vietnam. The country is surprisingly big – its coastline is 3 400km long – and with 90 million inhabitants, it's the 13th most populated country in the world. This means you need to plan your trip carefully, taking into account the great seasonal differences between north and south and the long travel time between hotspots. But it can be done and, even better news, it can be done affordably.



'I'LL HAVE IT SPICY'

Vietnamese food is in a class of its own. Yes, pad thai is delicious, but its subtle Vietnamese cousin, *pho* (pronounced 'fuh'), is on another level. I don't care for soup – I think it's a waste of time to drink my food – but the delicate noodle soup, consisting of flavourful broth, rice

noodles, herbs and meat, won me over. Something of a national dish, it's eaten as breakfast in the south of the country, while the northerners – where it's colder and rainier – eat it anytime, anywhere. Vietnamese food is renowned as being one of the healthiest in the world, with its focus on fresh ingredients, minimal use of oil and lots of raw vegetables. Be careful, though – food in the south is much hotter than in the north, so don't think you can have the same spicy *pho* in Ho Chi Minh City as you can in Hanoi.

Vietnam is also famous for its bread, something not usually associated with Asia, where baked goods are almost inedibly sweet to the Western palate. It's here where my distinct disgust of colonialism ran into some conflict – because the French left a legacy of delicious patisseries. Croissants so flaky and buttery you expect to see the Eiffel tower when you look up; soft baguettes (called *bánh mì*) filled with minced pork belly, shredded herbs and spicy chilli sauce; rich, thick, black espresso served with a shot of condensed milk… *délicieux*! Of course, you can't go to South East Asia and not gorge yourself on the street food. From broken rice to sticky rice and every type of noodle and meat in-between, you'll never crave pizza. Leave space for some fresh spring rolls – incredibly light and crisp packets of vegetables and meat tightly wrapped in rice paper and, crucially, not deep-fried to death. (A word of caution, though – if it lives in the sea, the Vietnamese will eat it, so rather don't look inside the tanks that line restaurants on the coast, unless you want to come face to face with a poor endangered turtle waiting to be killed. And, of course, don't support the ones that do.)

'HA LONG BAY IS A BEAUTIFUL LADY'

If you only go to Vietnam for one reason – and there are dozens of reasons – it has to be Ha Long Bay, a Unesco World Heritage Site that is beyond breathtaking. Situated a few hours' drive from the capital of Hanoi, the bay features thousands of jungle-topped limestone isles in all shapes and sizes, looming mysteriously in the mist. You gently cruise around the bay in one of the dozens of boats (don't even think about a budget











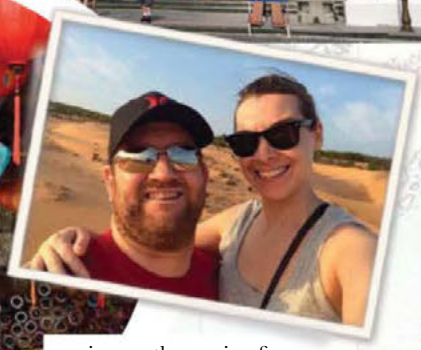


OPPOSITE PAGE, FROM LEFT *The bustling Ho Chi Minh City; Ha Long Bay*
THIS PAGE, CLOCKWISE FROM ABOVE *Mui Ne is a popular coastal town; the infamous city traffic; the Kissing Chickens of Ha Long Bay; a steaming bowl of pho; in front of the Ho Chi Minh Mausoleum in Hanoi, where the embalmed body of Communist revolutionary leader Ho Chi Minh lies*



Saigon Central Post was designed by Gustave Eiffel





cruise – rather spring for a very reasonable mid-range cruise or, if you can afford it, a luxury cruise), stopping to explore caves or go kayaking. But honestly, you'll mostly be tripping over your own jaw trying to take in this unexpected gift from nature.

EACH CITY HAS A UNIQUE CHARACTER honed through decades of conflict – **CIVIL, COLONIAL AND, MOST FAMOUSLY, WITH THE US**

'THE HEAT IS ON IN SAIGON'

If it's city life you're after, Vietnam won't disappoint. From Hanoi in the north to Hoi An in the centre and Ho Chi Minh City in the south, each city has a unique character honed through decades of conflict – civil, colonial and, most famously, with the US. Hanoi was the Communist capital during the Vietnam War (called the American War in Vietnam), and is considered one of the main cultural centres of the country, with a history stretching back 1 000 years. Stay in the Old Quarter, with its host of small artisans and merchants, and soak up the culture – just don't get run over by a scooter. Vietnamese traffic takes some getting used to but once you accept the basic tenet that traffic flows like water, you'll be fine. Stepping into the road is exhilarating – just walk straight ahead, at a slow and steady pace, and don't hesitate. The sea of scooters and cars really does flow around you, as long as they can anticipate where you're going. While it eventually felt natural to just cross the road wherever, barely looking left, right and left again, I couldn't help but imagine my mother's face if she were to see me stepping in front of an oncoming taxi. So yes, don't overthink it.

Vietnam is famously a manufacturing country, and this means the shopping can be great. Factory run-over is everywhere, so you can stock up on North Face, Columbia, Converse and New Balance at a fraction of the price. But the real shopping gems are in Hoi An, on the coast roughly halfway between Hanoi and Ho Chi Minh City. The city's Ancient Town is a Unesco World Heritage Site because it's such a well-preserved example of a 15th-century trading town, and its merchants are just as legendary today as they were six centuries ago. You can have anything made to your heart's desire – from dresses to leather jackets, shoes and bags – within 24 hours. Also shop for delicate ceramics, coffee and spices.

Ho Chi Minh City (still stubbornly called Saigon by some locals disenchanted with the Communist regime) is the largest city in Vietnam. It's here where you can get a crash-course in the war, as the city has various sites and museums dedicated to it, from the harrowing War Remnants Museum (basically dedicated to war crimes) to the famous Cu Chi tunnels, used during the war as vital supply tunnels (some of the tunnels had to be made wider to accommodate the, ahem, larger Western tourist).

In-between the major cities lie magnificently terraced green rice paddies, dense tropical jungle, endless paradise beaches and red dunes that glow like fire in the sunset. Vietnam is as beautiful as it is compelling. **mc**



FROM TOP
Saigon Central Post Office; touristing around the red dunes outside Mui Ne; street merchants selling their wares

PHOTOGRAPHS GREATSTOCK/TRUNK ARCHIVE/KIM MYERS ROBERTSON, ISTOCK/GETTY IMAGES, CHRISTINE VAN DEEMTER

INSIDER DEALING

Nazley Omar, a South African journalist currently living in Ho Chi Minh City, gives her top travel tips

☑ For the more adventurous, fried rat, dog meat, fetal duck eggs and grilled snake are popular among the locals. Street-side restaurants consist of nothing more than a few plastic tables and chairs. The rule of thumb is: the lower the seat, the cheaper the meal.

☑ Always keep your valuables out of sight and away from the oncoming traffic. Thieves ride past tourists, grab their possessions and zip away on their motorbikes.

☑ Vietnamese taxi drivers are known to be particularly unscrupulous. Only take Mailinh or Vinasun taxis.

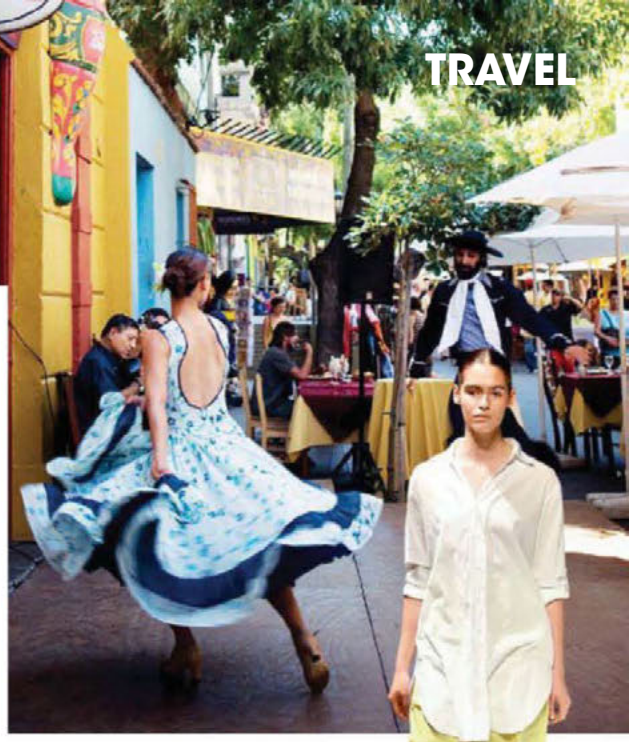
☑ You could find a snake or scorpion lurking inside your bottle of rice wine – locals believe that the more poisonous the snake, the stronger the alcohol.

☑ The coffee culture in Vietnam is unique. Egg coffee, a Hanoian speciality, is made with whipped egg yolk in the centre and is totally worth a try!



Be careful of the mystery meat on a stick...





FAR LEFT *Vibrant street scenes of Buenos Aires, with its cafe culture and delicious food*
ABOVE, FROM TOP *A tango street performance at an El Caminito café; street style; pockets of colour dotted through the city*

48 *hours in* Buenos Aires

Words SARAH DUFF

The 'Paris of South America' is a mix of traditional and trendy, where food evokes as much passion as the tango

PAUSE HERE, STOP THERE

Buenos Aires isn't a big sightseeing city. Sample a slice of local life and get up late, as *porteños* (as the city's stylish citizens are known) do. Enjoy *cortados* (espresso with milk) and *medialunas* (mini croissants) and walk the streets of **San Telmo** (the oldest neighbourhood in the city) and **Recoleta** (home to the famous La Recoleta Cemetery).



MUNCH ON THIS, SIP ON THAT

• Argentina is famous for its steaks. *Parrillas* (classic steakhouse restaurants) abound in the city, and the popular **Don Julio** *(Parrilladonjulio.com.ar)*, is one of the best. Tuck into *bife de chorizo* (sirloin steak) washed down with a fine Malbec.

• Chic **iLatina** *(Ilatinabuenosaires.com)* is the city's top-rated restaurant. Enjoy inventive dishes like ceviche with coconut and tamarind duck confit with quinoa.

• **Milion** *(Milion.com.ar)*, a restored 100-year-old French-style mansion, is one of the city's most elegant and romantic watering holes.

• Buenos Aires has its fair share of 'hidden' speakeasy bars, but **Florería Atlántico** *(Floreriaatlantico.com.ar)* stands out. Stylish and sophisticated, it offers an inventive cocktail menu and delicious tapas.

STAY HERE, SLEEP THERE

• The **Alvear Palace** *(Alvearpalace.com)* is the city's classiest hotel and consistently voted as one of the best in the country. Located in the swankiest part of Recoleta, this grande dame is an opulent affair of gleaming marble, crystal chandeliers, antique furniture, butlers and old-world elegance.

• A more budget-friendly option, the **Mira Vida Soho** *(Miravidasoho.com)* is an intimate and charming six-roomed boutique hotel housed in a neoclassical 1930s mansion in the heart of Palermo. A welcome bonus is the excellent wine bar where you can do tastings of Argentinian wines with an experienced sommelier.

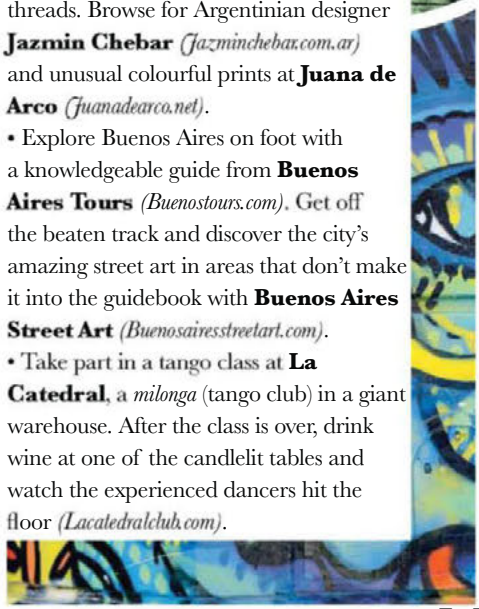


SHOP HERE, EXPLORE THERE

• Trendy **Palermo Soho** and **Palermo Hollywood** are the best areas for shopping if you're after cool designer threads. Browse for Argentinian designer **Jazmin Chebar** *(Jazminchebar.com.ar)* and unusual colourful prints at **Juana de Arco** *(Juanadearco.net)*.

• Explore Buenos Aires on foot with a knowledgeable guide from **Buenos Aires Tours** *(Buenostours.com)*. Get off the beaten track and discover the city's amazing street art in areas that don't make it into the guidebook with **Buenos Aires Street Art** *(Buenosairesstreetart.com)*.

• Take part in a tango class at **La Catedral**, a *milonga* (tango club) in a giant warehouse. After the class is over, drink wine at one of the candlelit tables and watch the experienced dancers hit the floor *(Lacatedralclub.com)*.



Shopping in trendy Palermo

PHOTOGRAPHS GALLO/GETTY IMAGES, REX FEATURES, SARAH DUFF

PRESS ESC!

Compiled by ESTEE KERSHOFF

Why just stay in a beautiful room when the menu is as tempting? These gourmet stays will satisfy any appetite

Sleek interiors, designer cocktails and crafted fare at Queen Victoria Hotel





Queen Victoria Hotel, Cape Town

Stay here: Attention to detail is key at this five-star boutique hotel – from the custom wallpaper and the hotel's very own designer fragrance to the 35 individually decorated rooms with Charlotte Rhys pamper accessories.
Eat there: Although it's named after the Queen's favourite pet, Dash Restaurant and Bar is anything but cute. Executive chef Sam Wasserman's well-crafted menu has strong Asian influences.
Order this: Seared Norwegian salmon on a sesame emulsion, with mango and lemongrass, and a mint and ginger dressing. *Newmarkhotels.com*



Norwegian salmon on crushed new potatoes with a dill cream sauce... delicious!

Quarters Hotel, Durban

Stay here: This charming property consists of four beautifully renovated Victorian homes. With 24 rooms each, the properties have modern luxuries and yet still ooze old-world charm.
Eat there: The Brasserie serves up award-winning meals like aromatic duck, and you can dine in the restaurant or outside under the stars in the courtyard.
Order this: The chicken and prawn curry is filled with the character that is synonymous with a Durban curry. *Quarters.co.za*



The enchanting Quarters Hotel

Makaron's famous grain salad, and a tempting salted caramel popcorn dessert



Majeka House, Stellenbosch

Stay here: Majeka House has the kind of cool luxury that makes it difficult to leave, but you'll be tempted to with the Winelands' shops, galleries and wine farms waiting to be explored. The property also has a gym, spa, pool, the M Lounge and a fine-dining restaurant for you to enjoy without venturing too far.
Eat there: Under the helm of head chef Tanja Kruger, the award-winning Makaron Restaurant serves up fare as stylish and creative as its surrounds. The menu changes regularly to reflect the seasons, but is always a sensory feast of textures, colours and flavours. For an up-close taste of the action, book the Kitchen Table to experience culinary theatre at its best.
Order this: Try the ancient grains salad with miniature vegetables and a cauliflower velouté. *Majekahouse.co.za; Makaronrestaurant.co.za*

Saxon Hotel, Villas and Spa, Johannesburg

Stay here: Originally a private home, the Saxon offers a quiet retreat from the bustling city. Designed by renowned interior designer Stephen Falcke, interiors are homey with natural textures and tones paying homage to Africa.
Eat there: The brainchild of San Pellegrino Chef of the Year 2014, David Higgs, Five Hundred restaurant celebrates the synergy between food, wine and art, with a focus on seasonal ingredients and artisanal produce.
Order this: The Quail Circle of Life, with a poached quail egg nesting on fried potato and aubergine skins, and a caramelised quail leg. *Saxon.co.za*



Chef David Higgs's tribute to the humble pea



PHOTOGRAPHS SUPPLIED

REVIEW

MERCEDES-BENZ C-CLASS



I HAVE ALWAYS harboured a niggling desire to be one of those secret-shopper people. You know, the one that arrives out of the blue, unbidden and unexpected, then cold-call tests a service and exposes the ugly truth. So with apologies to Imtyaaz Lambat at Mercedes-Benz Rosebank, I lived out my secret-shopper fantasy with him. I arrived on his doorstep and demanded his undivided attention. 'Tell me all about this new C-Class,' I said authoritatively, fully prepared to get the once-over and possibly a rejection letter. But Imtyaaz was not to be derailed by my poor secret-shopping technique. He got excited at the prospect of telling anyone – even me – about the C-Class. I think this may have something to do with the car itself.

We tried out several models – the C 180, the C 250 Petrol and Imtyaaz's favourite, the C 250 Diesel (he says diesel is best for fuel consumption). Here are the things that thrilled Imtyaaz and, by extension, his secret shopper: The nifty mouse system that guides all the navigation, music and Bluetooth. The brilliant gearbox, and the fact that you can customise your drive – as in, do you like a sporty handling on the steering, or an eco-friendly setting? I fear that this secret shopper needs to hang up her shopping bag, as I have lost all perspective and totally fell for the Imtyaaz sales talk. Sign me up to C-Class, I say.

Robot flirtation: 8.5/10 The new sporty look is a winner. There's chrome, there's a cute exhaust that adds to the charm, there's a bucket seat for an added sporty feel.

Safety and security: 10/10 This car will bleep you into safety even if you are a totally cretinous driver. It is also constantly determining what the cretinous driver in front of you is up to as an added bonus, plus it has super blind-spot alerts.

Secret shopping-bag situation: 10/10 This boot is made for shopping. (With thanks and apologies to Imtyaaz. You get 10/10, too.)

Price: From R436 700

TOP TIP

DON'T SKIMP ON YOUR TYRES – cheap tyres have been shown to have braking distances more than **30% LONGER** than the equivalent premium tyres.



#MCDRIVES

For more handy driving tips, visit Womenonwheels.co.za

DRIVE101

We're women and **WE LOVE CARS** – especially if they make us look good

OPEL ADAM

With only the Corsa, Astra and Mireva in South Africa, Opel might not have been that prevalent for a while, but it's planning a great comeback – and it's starting with the Adam. The Adam is an A-segment, three-door, four-seat hatchback, positioned as an urban trendsetter with infotainment and convenience features usually reserved for more premium-priced vehicles. The interior delivers what the exterior promises: style and ambience. There is a choice of three models: the entry level Adam, Adam Jam and the range-topping Adam Glam. It may not be the most powerful vehicle, but it's robust enough for a small city car.

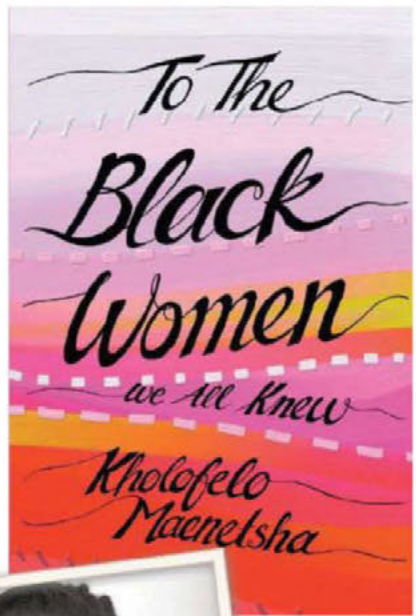
Price: From R200 000



WORDS ASPASIA KARRAS, JULIET MCGUIRE **PHOTOGRAPHS** ISTOCK/GETTY IMAGES, SUPPLIED **ILLUSTRATION** EMMA JAMES

AGENDA

WHO/WHAT/WHERE/WHEN





READ IT

To The Black Women We All Knew (R166, Modjaji Books) is a vivid story about four friends who must support each other after tragedy strikes. But will the crisis draw them closer together or tear them apart?

Twitter **@KMaenetsha**

ONE TO WATCH

Recently listed by *Sunday Times* as a novelist to look out for in 2015, Kholofelo Maenetsha is foraying into other genres after writing three successful romance novels. We chat to her about her much-anticipated book, *To The Black Women We All Knew*

What did it feel like when your first book was published?

I felt like jumping up and down, crying and laughing all at the same time. It was an amazing feeling that I wish I could have bottled so I could give myself a dose of it once in a while. It was an affirmation that I could do it; I could write something that people could read and enjoy.

What was the inspiration behind *To The Black Women We All Knew*?

I wrote the book in 2009, way before I even thought I could write romance novels. So many things were happening in my life at the time that I needed some way of coping with it. I turned to writing. As the memories of years gone by took over my reality, I wrote about things I didn't even realise I was holding on to, and the four main characters just took on the lives of the women I knew.

What made Soweto the right setting?

I didn't consciously choose Soweto as the setting but, at the time I wrote the book, Soweto represented a place I was abruptly introduced to. We had moved from Limpopo unexpectedly, so it seemed fitting because Soweto is where the memories were still fresh.

Which character do you most relate to?

Beauty, because of her inner strength and the fact that she doesn't know how to pretend. She lives her life unapologetically and hides her scars deep, looking for no sympathy. Even though she holds people at arm's length, she is the strongest of the four women. And she is, in a way, the glue that holds them together.

What's your next project?

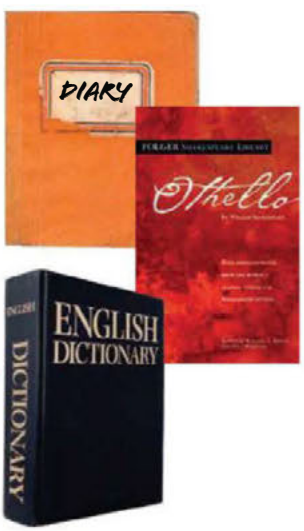
I'm working on a children's educational TV programme called *Bell and Bella*. And I'm writing my second novel, but it's still early days so I can't say much about it.

THREE BOOKS KHOLOFELO WOULD SAVE IN A FIRE

1. 'The diary in which I scribbled the first drafts of my manuscripts. Every time I open it, I'm amazed at how my brain worked back then. It is also a reminder of how much I've grown as an author.'

2. '*Othello*. This Shakespeare play introduced me to the art of words, and the imagery, chaos and emotion they can create. It also illustrates the length to which characters can be driven to by an author by forcing them to be true to their emotions and their nature.'

3. 'My dictionary, because I believe without using meaningful words, an author is nothing.'





Catch up with the movement on Twitter by following #FashRev

A DAY TO REMEMBER

WHAT Fashion Revolution Day is a social and environmental campaign started in 2013, after the Rana Plaza clothing factory in Bangladesh collapsed, killing 1 129 and injuring more than 2 500.

WHEN Friday 24 April 2015.

WHY Despite the global outcry after the Rana Plaza tragedy, and promises from Bangladesh and retailers that garment-manufacturing conditions will improve, many unregulated clothing factories remain dangerous places to work.

WHAT YOU CAN DO Simply find out who made your clothes. Try to learn as much about the production process as possible so you can make informed buying decisions.

3 TOP AFRICAN STYLE INSTAGRAMMERS

Trouble deciding what to wear every morning? Take inspiration from our favourite African trendsetters on Instagram

1



@louisphilippedegagoue

Louis Philippe de Gagoue is an Ivorian personal shopper and stylist, now working in Dubai. His colourful take on vintage style will help you create awesome menswear-inspired looks.

2



@yagazieemezi

Nigerian Yagazie Emezi's focus is on preserving the African aesthetic in every way she can. If you love the raw beauty of accounts like Solange's, you'll adore this one.

3



@yoliswa_xo

Joburg's Yoliswa Mqoco wears African and eastern-inspired outfits with goth elements. The results are pure fierceness.

MOVIES

THE GREAT ESCAPE

Leave your 9-5 behind with our pick of new films



Rosewater

Written and directed by *The Daily Show*'s Jon Stewart, this drama is based on the biography of Iranian-Canadian journalist Maziar Bahari, who was imprisoned and interrogated by the Iranian government for 118 days because of a satirical interview he did about that country's president.

In cinemas 3 April



Unfriended

Shot in the same 'found footage' style that freaked us out in 2007's *Paranormal Activity*, *Unfriended* follows a group of seven friends who are terrorised online by an anonymous person – and if they log out or stop chatting in their group chat, someone dies. This might make you take chain mail seriously…

In cinemas 17 April



The Age of Adaline

Blake Lively stars as Adaline in this epic romance. After a freak accident, Adaline stops ageing and lives a lonely life through the 20th century, protecting her secret – until she falls in love with Ellis (played by Michiel Huisman).

In cinemas 24 April

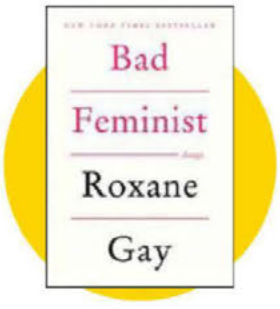
BOOKS

BRING BACK THE BOOK CLUB

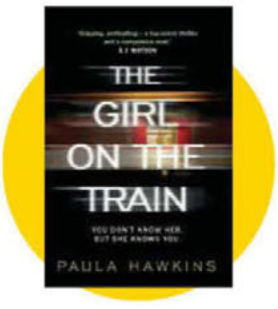
Settle in with our pick of page-turners



Men Explain Things to Me
by Rebecca Solnit
(R223, Granta Books)
In this comical collection of essays, Rebecca Solnit explores what goes wrong in conversations between men and women. She uses her own hilarious experiences as examples, but her stories are universal enough for all women to relate to.



Bad Feminist
by Roxane Gay
(R183, Harper Collins)
In these funny and insightful essays, Roxane Gay looks at how the way we consume culture affects our feminism, touching on everything from Chris Brown to abortion.



The Girl On The Train
by Paula Hawkins (R285, Random House Struik)
Stop the press – we've found the next *Gone Girl*. This debut thriller follows Rachel, who takes the same train every morning and indulges in an innocent people-watching habit, until one day she witnesses something, which breaks her peaceful routine…

#TRENDING

- **DESSERT CAFÉS:** Turn your after-dinner treat into more than an afterthought, or skip dinner altogether! Try Honest Chocolate Café in Cape Town or Cocobel in Joburg.
- **HASSLE-FREE HOUSEHOLD MAINTENANCE:** *Fixmylife.co.za* is like Mr Delivery for your house. Find, book and pay reliable plumbers, electricians and other maintenance service providers without stress or disappointment.
- **MENSWEAR-INSPIRED CLOTHING:** From oversized coats to loafers, celebs like Rihanna are borrowing from the boys – and so are we!

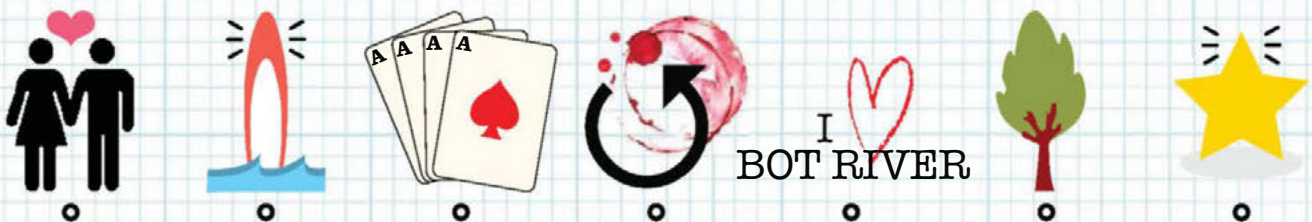




Follow David on **@foodie_za** and **@publikwinebar**

GOING SOLO

Most winemakers spend decades grafting hard as employees to produce other people's wines. When they get a chance to make something for themselves, under their own label, they often create real magic. Here are some wines that prove it



THE COUPLE
Craven Clairette Blanche 2014
Husband and wife team Mick and Jeanine Craven do a superb job using Stellenbosch fruit. This fresh, sharp white is delicious and different. **R110**

THE SURFER
Miles Mossop Saskia 2012
When he's not surfing or making award-winning wines for Tokara, Miles Mossop crafts small amounts of top quality tipples. Try this rich Chenin-based white blend. **R210**

THE WILDCARD
Fram Chenin Blanc 2013
Thinus Kruger worked for some large cellars for years before recently going his own route. He's cracked 5-stars in the *Platter's Guide* for this stellar white. **R160**

THE REINVENTION
Blackwater Omerta Carignan 2013
After years at Waterford Estate, Francois Haasbroek reinvented himself under his Blackwater label. Try the Bourboulenc or this Carignan. **R160**

THE LOCAL
Momento Tinta Barocca 2012
Marelise Jansen van Rensburg worked for Beaumont for years and knows the Bot River area well. She's stayed local with her own label. **R190**

THE NATURALIST
Testalonga El Bandito Redemption Syrah 2014
Craig Hawkins is a leading advocate of natural wines, making unusual blends that are snapped up on release. Try this one as a taster. **R230**

THE SPECIALIST
Saltare Brut Nature MCC NV
Consultant winemaker Carla Pauw still finds the time to make some of the Cape's best bubblies. Keep a lookout for this one, which drinks exceptionally. **R150**



FIVE MINUTES WITH BEATENBERG

They're topping charts all over the country and this year they're set to play at the Cape Town International Jazz Festival on 28 March





Last year saw you playing all over the world. What was the highlight? We played a great impromptu gig at Madiba's in Brooklyn, New York. It's a really cool little South African-themed restaurant and we got everyone dancing. Our trips to Botswana, Swaziland and Mauritius were incredible as well.

What can we expect from the band this year? We're excited to play at the Cape Town International Jazz Festival and are looking forward to being part of such an iconic festival. We'd also love to do a new album.

Which acts are you looking forward to seeing live? Courtney Pine from the UK and South Africa's Mahotella Queens.

What do you guys do for fun? We're from Cape Town, so we love hanging out at the beach. Reading books is also a great way to unwind as well as having dinner with friends. *Capetownjazzfest.com*

BEATENBERG RECOMMENDS

BEST PLACE TO EAT IN CAPE TOWN? Bukhara. **AND JOBURG?** Stella e Luna in Parkhurst.

WHAT SONG DO YOU HAVE ON REPEAT? 'Papaoutai' by Stromae. **BEST TRAVEL DESTINATION?** We love anywhere in South Africa, but the Eastern Cape is especially beautiful.

MORE THAN JUST YOUR GRANDMOTHER'S G&T

Mark Mulholland of Mother's Ruin Gin Bar on Bree Street, Cape Town, is convinced that gin is the sexiest drink around



Can you tell us about the gin-making process? Gin is twice distilled – once to get the alcohol and then again to add the botanicals. While traditional gins have to contain juniper as their base flavour, which has a very piney taste, the developments in gin are incredibly innovative. You can have gins distilled with rooibos, baobab and pine flowers.

What's your favourite flavour? Our savoury gin – it's infused with green olives, rosemary and thyme with a bit of salted brine in it, so you can serve it in a martini straight up.

What is the most exotic cocktail at the bar? The Lawrence of Arabia, with gin, dates, honey and tonic water, or the Marmalade Tea, with gin, home-brewed green tea, marmalade and bitters.

STOCKISTS

Afraid of Mice 021 423 7353
Amuse Society 042 293 2199
Black Coffee 011 482 9148
Burberry 011 452 0252
Callaghan 011 325 4053; 021 683 1716
Call It Spring 011 784 1597; 021 551 1527
Cartier 011 317 2600
Catheryne Gaeyla Cgfashion.co.za
Clive Rundle 011 880 3839
Cotton On Cottonon.co.za
Country Road Countryroad.co.za
Cult11AD 011 268 0989; 011 486 3143
Day Birger et Mikkelsen 011 447 0839
Dr Martens 011 880 6543
Edgars Edgars.co.za
Emporio Armani 021 425 7083
Extreme Eyewear 021 424 0913
Fashion Express 021 938 1911
Forevermark Diamonds Forevermark.com
Gerard Darel 021 418 8497
G-Star 021 418 9000
Hugo Boss 011 884 1425; 021 418 8328
Jenevieve Lyons Jenevievelyons.co.za
Journey Lifestyle info@journeylifestyle.co.za
Karen Millen 011 784 2937
Kirsten Goss 011 447 2234; 021 424 3452
La Luna 076 266 1111
Louis Vuitton 011 784 9854; 021 405 9700
Lovisa 011 431 3610; 021 551 1051
Luxottica 021 486 6178
Luks Brands 011 262 0399
Luminance 011 325 4765
Mango 011 783 7907
Mareth Colleen Marethcolleen.com
Mari and Me Mariandme.co.za
Max Mara 021 418 9447
Mej Lues 072 700 5173
Mezzanine Interiors Mezzanineinteriors.co.za
Mimco Mimco.co.za
Nicci Boutiques 011 262 4141
Oh! Deer 083 266 1675
Ordning & Reda 011 784 0535
Pacific Group 021 674 6091
Paul Smith 011 447 1074; 021 424 0354
Puma Select 011 403 3096; 021 422 0591
Pringle of Scotland 011 783 4355; 021 555 3377
Radley London 011 450 1156
RVCA 042 293 2199
Safilo 011 548 9605
S. Bacher & Company 011 372 6000
SAM Ilovesam.co.za
SDM Eyewear 011 334 7020
Second Time Around Secondtimearound.co.za
Spitz 011 707 7300
Stefania Morland 021 422 2609
Tamara Chérie Dyson Tamaracheriedyson.com
Ted Baker 011 450 1156
That's It 011 268 6674
The Eye Makers 011 783 999; 011 706 5995
The Fashion Agent 011 442 7812
The Lot 021 424 8812
Tommy Hilfiger 021 408 7600
Tik Lee 011 884 0019
Tiger of Sweden 011 784 0561; 021 421 9177
Topshop 011 685 707; 021 419 5900
Trenery Trenery.co.za
Versace Collection 011 268 0266
Via Veneto 021 794 6738
Witchery Witchery.co.za
Wolford 011 325 6457
Woolworths Woolworths.co.za
Zando Zando.co.za
Zara 011 302 1500; 021 446 8700; 031 536 6400
Zoom Zoomfootwear.co.za

PRICES CORRECT AT TIME OF GOING TO PRESS

CONTRIBUTORS SARAH KOOPMAN, DEVAKSHA VALLABHJEE **PHOTOGRAPHS** ISTOCK/GETTY IMAGES, REX FEATURES, SUPPLIED, COURTESY OF THE FASHION REVOLUTION DAY

COMPETITION RULES 1 Each SMS costs R1.50 across all networks. 2 Prizes will go to the first correct entries chosen at random by means of a random-number generator. 3 The judges' decision is final and no correspondence will be entered into. 4 Readers may SMS as many entries as they wish. 5 The winners will be notified and their names will be published online. 6 Staff members of Associated Media Publishing, the prize sponsors, their advertising agencies and immediate families may not enter. 7 Prizes are not transferable and may not be converted into cash. 8 By entering via SMS you are giving Associated Media Publishing permission to contact you in future via this medium. 9 Closing date is 30 April 2015. 10 Winners must reside in South Africa.

DID YOU WIN?
To see if you've won a competition in our March 2015 issue, visit **Marieclaire.co.za**

CELEBRATING ABILITY

MC meets the inspirational woman behind the Chaeli Campaign, who helps improve the lives of disabled children

WORDS SARAH KOOPMAN **PHOTOGRAPHS** GALLO/GETTY IMAGES, SUPPLIED



Chaeli with her International Children's Peace Prize

MC: What is the Chaeli Campaign's greatest achievement?
Spreading the message of ability through the awards I have received. It's not about recognition for me; it's about the work and making a change in society.

MC: What are the misconceptions around people with disabilities?
The biggest is that we can't do things because we are disabled – that's a problem because we need people to believe in our ability in order for us to reach our potential (the same as able-bodied people!). We are capable of many things; we may not be able to do them in the mainstream way but it is possible.

MC: What are some of the challenges you've had to overcome? One of the biggest challenges we face is funding. It is a constant challenge to raise the money we require to continue to run our programmes.

MC: What is next for you and the Chaeli Campaign?
The campaign is focused on growing our Inclusive Early Childhood Development Centre as well as expanding our ambassadors' programme to East London and Johannesburg. Through these programmes we hope to create more ability activists in different communities. And I'm training to ascend Kilimanjaro in August this year.

MC: What do you hope to teach others through the campaign?
I hope people will change their perceptions of people with disabilities. If they are exposed to ability, they are hopefully more likely to see it. **mc**

WHO IS CHAELI?

Chaeli Mycroft, 20, who was born with cerebral palsy, knows the power of friendship more than most. When she was 10, she joined forces with her six-year-old sister and three of their friends to raise money for her first motorised wheelchair. It took the girls only seven weeks to raise the money, which inspired them to launch the Chaeli Campaign to help mobilise the minds and bodies of disabled children. The campaign has so far helped more than 10 000 disabled children receive equipment and physical therapy. In 2011, Chaeli, who calls herself an 'ability activist', won the International Children's Peace Prize and the following year was presented with the Peace Summit Medal for Social Activism, which is awarded by Nobel Peace Prize Laureates at their annual summit.
Chaelicampaign.co.za

Twitter **@Chaelz_162**


ABOVE Chaeli with brothers Lawrence (left) and Richard Roti who received donated wheelchairs
RIGHT Chaeli regularly competes in dance competitions

Want to support the campaign? For details, visit **Marieclaire.co.za**

#MCCARES

April

Jonathan Cainer's monthly forecast

ARIES *(21 March – 20 April)*



Are you inclined to think that if something isn't broken, you shouldn't try to fix it? That's a fine philosophy but this month, something in your life is broken. An arrangement or an understanding has been compromised for a while. Unless you make a concerted effort to mend it, nothing will change. But a powerful lunar eclipse, plus a rare square from Mars to Jupiter, is your cosmic promise of success. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

TAURUS *(21 April – 21 May)*

Mars is in Taurus, where it will remain through April. That is the astrological equivalent of gaining a guard of honour. It is as if you are about to be accompanied by dedicated servants willing to help you remove almost any obstacle you find in your path. You don't need advice about how to succeed, you just need a little warning about tact and diplomacy. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

GEMINI *(22 May – 22 June)*

Has anyone told you lately how attractive you are? Have you been made an offer that you are not entirely sure you ought to refuse? Even if life has been disappointingly dry for some while, things will change as Venus enters Gemini. Your love prospects are good and your financial outlook is enviable. Not every dream will come true but you will be protected by a kindly cosmos. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

CANCER *(23 June – 23 July)*

April begins with a lunar eclipse. Since you are a Cancer, sensitive to the movements of the moon and well blessed with the gift of intuition, you will develop some impressive powers of insight and discrimination this month. They will guide you towards a series of long-overdue choices that help you to grow healthier and wealthier. Shake off resentment about a past disappointment. Embrace a brighter future. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

LEO *(24 July – 23 August)*

All this year so far, Jupiter has been in your sign but retrograde. It is as if you have been staring through a window, looking at a bright sunny day. You know that what you want is 'out there', yet you've been unable to connect with a tantalising opportunity. In April, Jupiter changes direction, the window opens, as does the door. You finally see a viable route from here to a happier life. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

VIRGO *(24 August – 23 September)*

If you face a problem this month, it is much more of a mathematical challenge than a literary one. It doesn't much matter what you say, or what someone else says, the numbers must be juggled till the results make sense. The good news is that you will yet arrive at a satisfactory sum. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

LIBRA *(24 September – 23 October)*

April begins with a lunar eclipse in your sign. That's hopeful and encouraging. You need to take an option more seriously, even though you have an alternative. But each time you think about it, you can only see the pitfalls. The solution you invent for yourself will have excellent consequences. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

SCORPIO *(24 October – 22 November)*

There are times when we have to be brave and bold. Lately, you have seen several seemingly good reasons to avoid taking drastic or dramatic action. You are now becoming even more aware of the need to take a significant step. Restrict the risk, by all means, but don't be fearful this month. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

SAGITTARIUS *(23 November – 21 December)*

April is full of deadlines. Make the most of every chance you get to reflect and review. There is plenty to do but does it really all need to be done? Only you can let yourself off the hook. You are trying too hard to do too much. Relax and just do, instead, what is truly needed. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

CAPRICORN *(22 December – 20 January)*

You can't eradicate the part of you that's vulnerable – but you need to ensure that your more delicate emotions are protected. Only the chosen deserving few should ever have access to your deepest reservoir of kindness. April's celestial challenge is all about allowing your heart to guide you while keeping a threat at bay. You will find this easier than you fear. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

AQUARIUS *(21 January – 19 February)*

Not all troubleshooters fly around solving impossible problems; some operate locally and are motivated by more than money. Due to their subtle intervention, stressful confrontations are often avoided. On a good day, you can say and do things that defuse tension, heal wounds and promote the most positive progress. April offers you the opportunity to be angelic. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

PISCES *(20 February – 20 March)*

Are you listening to your inner voice? How does it think you should best conduct yourself in April, in order to attain the success you desire and the happiness you deserve? Does it agree that such a goal is feasible? If it does, you can keep listening to it this month and it will reliably lead you in the right direction. If not, ignore the negative messages and have faith. ***Call MTN 083 900 8536 or Vodacom 079 008 4034***

Want to know your daily stars? Visit Marieclaire.co.za

#MCHOROSCOPES

WORDS JONATHAN CAINER **ILLUSTRATION** DANICA RICCIARDI

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IMAN

A FORCE TO BE RECKONED WITH

Words ZAMA NKOSI

Her exotic looks took the fashion world by storm – and four decades on, Iman is still pioneering her own path



MODEL FRIENDS

CLOCKWISE FROM ABOVE *Iman with Cindy Crawford; striking a pose; with Naomi Campbell in South Africa in 1995*

SHE ARRIVED IN NEW YORK CITY with nothing but a forged passport, a return ticket and the possibility of becoming a model. From those beginnings, Iman Mohamed Abdulmajid has built a career and glamorous life, adding 'supermodel', 'entrepreneur', 'mother', 'philanthropist and 'rock-star wife' to her résumé.

Born in Mogadishu in Somalia in 1955, Iman was given a name (which means 'faith' in Arabic) by her grandfather traditionally meant for boys. The hope was that the masculine name would better prepare her for the challenges of being a woman. She told *Interview* Russia in 2013 how her mother insisted she had a strong sense of self. 'It is something my mother instilled in me – I come from a Muslim country where boys were more wanted than girls, so she always made me feel that there is nothing I couldn't do as well as the boys, if not better. The other thing she instilled in me is to know my worth. She used to say to me "Iman, 'no' is a complete sentence; learn to say no. You don't have to explain it, you don't have to say anything after it".'

By the time she was discovered at 16 by New York photographer Peter Beard on her way to campus at the University of Nairobi, Iman – as the daughter of a diplomat father and gynaecologist mother – had already lived in Somalia, Egypt and Saudi Arabia. When Peter asked if she had ever been photographed, she had never even seen a fashion magazine in her life. But she wasn't going to let him know this. 'I thought, why do people always think Africans have never seen a camera?' A few negotiations later (one of Iman's demands was that

IMAN MAKES FASHION HISTORY

1976
Stepping off a plane and straight onto a ***Vogue*** **shoot**

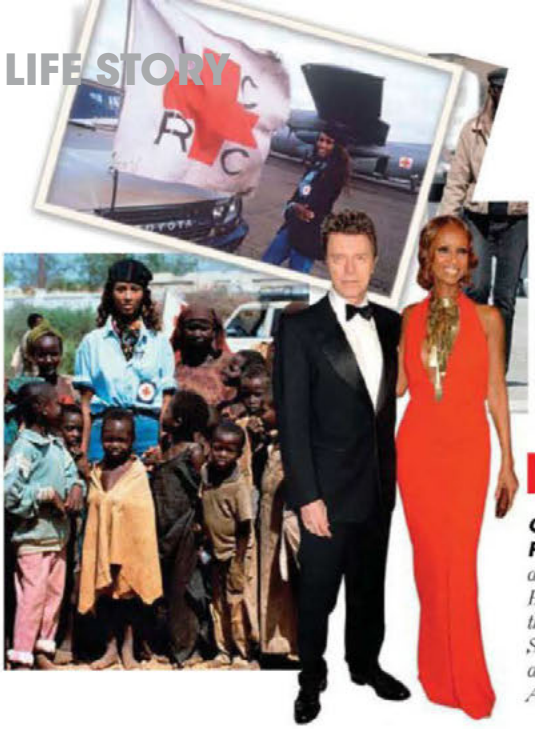
1985
On the cover of ***Cosmopolitan*** **Germany**



1987
Iman as the **only black model in a Revlon print ad**



1994
Iman and David Bowie **photographed by Irving Penn for *Vogue***



CLOSE TO HER HEART

CLOCKWISE FROM LEFT *Iman and husband David Bowie; working with the Red Cross in Somalia; with David and their daughter, Alexandria, in 2003*

return ticket to Kenya), she was in New York. Within three days of her arrival, she had booked her first job: a *Vogue* fashion editorial.

As a black model at the time, everything Iman achieved was groundbreaking. Despite being in the minority and having mostly white peers, she never accepted mistreatment. 'The power's not always in someone else's hands, because I could walk away from it; there was no desperation.' she told *Intothegloss.com*. 'When I came here [to the US], there was a certain fee that they would pay the white models and not the black models. And I said, "I'm not going to do it." I always thought, what do I have to lose? Nothing! I can always go back, I have a return ticket.'

When asked about some of the insecurities that come with being a model, she told *Intothegloss.com*, 'I had terrible self-esteem issues when I was growing up. I still do, I just hide it better now. That's one of the things that's good about age – you come to accept it all. To get into modelling with bad self-esteem is the worst idea. It's a place where all of your insecurities are heightened. You think you look great and Cindy Crawford walks in and then you're fucked!'

Iman went on to grace magazine covers, front campaigns and play muse for Yves Saint Laurent's 1985 Africa Queen collection (the designer famously said, 'My dream woman is Iman'). Her experiences led to her launching Iman Cosmetics in 1994. 'The seed was planted in 1975 on my first job for *Vogue* US. It was a white model and me. The make-up artist asked me if I had brought my own foundation because he had nothing for me. And I had no idea what he was talking about. I said no and he proceeded to put something on me and when I looked in the mirror, I looked grey.'

'I always thought, **WHAT DO I HAVE TO LOSE? NOTHING!**'

And so Iman Cosmetics was born. She experimented with different foundations to mix and create a colour that worked best for her shade of brown skin. In no time at all, other black models were asking to use her mixtures, leading to today's global brand, which is a leader in its field and worth more than R280 million.

Her professional success did not always translate into her personal life – after a short marriage to a Somali man that ended when she moved to the US, and a 10-year marriage to American basketball player Spencer Haywood (the father of her daughter Zulekha), it was third time lucky for Iman when she married British rock star David Bowie in 1992. The couple has a 14-year-old daughter, Alexandria Zahra Jones. In an interview with *Hello!* in 2000, Iman said about her family: 'This has been the happiest time in my life. And I've had some really happy times before. But now I have my whole family around me. And my soul feels complete.' The couple will celebrate their 23-year anniversary on 24 April this year – a sign, perhaps, of the rain on their wedding day blessing them with a long marriage, as the local Italian folklore assured Iman on the day (the couple wed in Tuscany). 'They said, "Oh, you shouldn't complain, you're going to be married for 50 years, it's going to be happy." And they were right,' Iman says. What's the secret to staying together happily for that long? 'First, I think you've got to feel hot for each other and respect each other. Also, we are very private so we decided from early on that we will keep the press and everybody out of our house. And we have fun together,' she told *Interview* Russia.

Iman's involvement with charities in East Africa has always been close to her heart, including fighting genital mutilation of girls in Somalia; a procedure she escaped as a girl. She's also involved in the Enough Project, which aims to end the global trade in conflict minerals (she terminated her contract with De Beers in protest of the diamond industry's abuses in Africa). Her childhood in Africa has been the driving force behind her philanthropic work – particularly in speaking out about the plight of women and girls. She is a Global Ambassador for Keep A Child Alive, focused on raising awareness for African families affected by HIV/Aids.

More than 40 years after she arrived in New York, Iman is still turning heads – and speaking out about the lack of diversity in the fashion world. 'The absence of people of colour on the runways and in photography reinforces to our young girls that they're not beautiful enough, that they're not acceptable enough,' she says. And from a woman who has spent her career defying the status quo, it is a telling reminder of how far we still have to go. **mc**

PHOTOGRAPHS REX FEATURES, GREATSTOCK/TRUNK ARCHIVE/DOUGLAS FRIEDMAN, GALLO/GETTY IMAGES IMAGES



1994
She **launches Iman Cosmetics** and is the first face of the brand

2001
Featured in ***Vanity Fair*'s '30 Years of Black Beauty'** special photographed by Annie Leibovitz

2006
One of her humanitarian causes is the **'I'm an African' campaign** by Keep A Child Alive

2013
On the cover of ***W* Magazine with Naomi Campbell and Rihanna,** wearing Balmain



Want to know our top Iman Cosmetics picks? Find out at **Marieclaire.co.za**

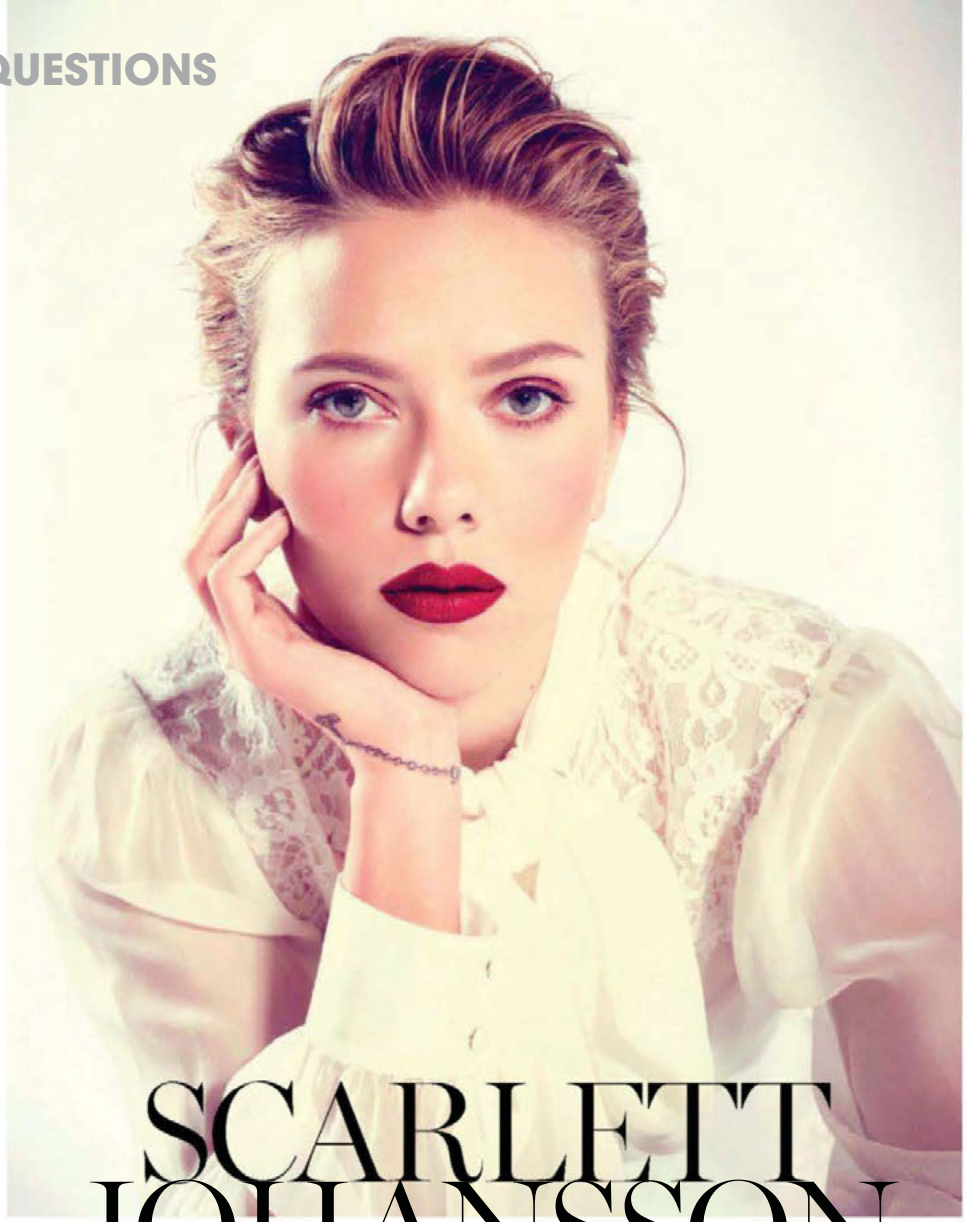
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SCARLETT JOHANSSON

The newlywed actor, first-time mom and face of Dolce & Gabbana Beauty on her love of 90s hip-hop, long baths and Key lime pie

1. Who is on the guest list for your ideal dinner party? Bette Davis, David Bowie and Bono.

2. What brings you the greatest joy? My family. And Key lime pie.

3. What item in your closet do you wear the most? Black high-waisted jeans.

4. What movie had the greatest ending? *Citizen Kane*.

5. What song instantly puts you in a good mood? 'Jump Around' by House of Pain. (I'm a kid from the 90s.)

6. What should every woman try at least once in her life? Acupuncture.

7. What is your fantasy itinerary? A three-month tour of India.

8. What quote do you live by? 'Live! Life's a banquet, and most poor suckers are starving to death!' – Auntie Mame (from the 1958 movie *Auntie Mame*)

9. What is the best gift you've ever received? Woody Allen's glasses.

10. What is on your perennial to-do list? Moving.

11. What is your greatest indulgence? Taking a long bath followed by a long nap.

12. What can you not miss on TV? *I Love Lucy* reruns or *House Hunters International*.

13. What is on your nightstand? Moisturiser, a glass of water, my phone, a La Leche League book and a collector's edition of Dolce & Gabbana The One fragrance.

14. What makes you cry? Thoughtfulness and my sister's sentimentality.

15. What makes you laugh? My husband, Romain Dauriac, and Louis CK.

16. Who are your heroes? Volunteer workers and US Senator Elizabeth Warren.

17. What is your go-to karaoke song? Billy Joel's 'New York State of Mind'.

18. What are your pet peeves? Nail-biting and knuckle cracking.

19. How did you make your first dollar? Selling tickets to my family for a 'show' – aka me performing in my bedroom.

20. What is one thing you wish you had known when you were younger? To invest in Apple.

Love Scarlett's signature look? Get pro beauty tips at **Marieclaire.co.za**

#MCCELEB

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SHE'S IN

VOGUE eyewear

Adriana Lima in Buzios, Brazil.

VOGUE-EYEWEAR.COM


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